

# Greensted Junior School

Autumn Term 2019 - School Dinner Menu




Weeks Beginning:

3<sup>rd</sup> September, 23<sup>rd</sup> September, 14<sup>th</sup> October, 11<sup>th</sup> November, 2<sup>nd</sup> December

Week 1 	Mad Monday	Tasty Tuesday	Wicked Wednesday	Yummy Thursday	Funky Friday
Dish of the Day RED Choice 1	Homemade Italian Pizza Cheese & Tomato or Pepperoni (or Codded Fillet)	Chicken Korma	British Roast Turkey Served with Yorkshire Pudding & Stuffing Roast or Creamed Potatoes	Spaghetti Bolognese & Chilli	 Oven Baked fish Fillet or Pork & Apple Burger
Dish of the Day RED Choice 2	Jacket Potato with Cheese and Beans or Crispy bubble fish	Jacket Potato with Cheese and Beans	Vegetarian Hot Dinner	Jacket Potato with Cheese and Beans	
Cold Option	Ham, Cheese or Tuna Roll	Ham, Cheese or Tuna Roll	Ham, Cheese or Tuna Roll	Ham, Cheese or Tuna Roll	Ham, Cheese or Tuna Roll
Served with	Herby Potato's & Baked Beans	Rice, Naan Bread	Carrots, Brussels, Broccoli & Gravy	Garlic Bread	 Accompanied by Freshly Cooked Chips Tomato, BBQ & Mayo Sauces
Salad / Vegetable Selection	Homemade Coleslaw, Homemade Pasta Salad, Freshly Prepared Salad	Homemade Coleslaw, Homemade Pasta Salad, Freshly Prepared Salad	Homemade Coleslaw, Homemade Pasta Salad, Freshly Prepared Salad	Homemade Coleslaw, Homemade Pasta Salad, Freshly Prepared Salad	
Desserts	Cake & Custard Low-Fat Yoghurt, Seasonal Fresh Fruit	Jelly Low-Fat Yoghurt Seasonal Fresh Fruit	Vanilla / Strawberry Ice-Cream Tub Seasonal Fresh Fruit, Low- Fat Yoghurt	Cheesecake Low-Fat Yoghurt, Seasonal Fresh Fruit	Oaty Cookie Or Seasonal Fresh Fruit Fresh Fruit Juices

Weeks Beginning:

9<sup>th</sup> September, 30<sup>th</sup> September, 21<sup>st</sup> October, 18<sup>th</sup> November, 9<sup>th</sup> December

Week 2 	Mad Monday	Tasty Tuesday	Wicked Wednesday	Yummy Thursday	Funky Friday
Dish of the Day RED Choice	Homemade Italian Pizza Cheese & Tomato or Pepperoni (or Salmon Fillet)	Fish Fingers / Cheesy Swirl	British Roast Gammon Served with Yorkshire Pudding Roast or Creamed Potatoes	Bangers & Mash	Chunky Chicken Breast Nuggets
Dish of the Day RED Choice 2	Jacket Potato with Cheese and Beans or Wholemeal Breaded Fish Fillet	Jacket Potato with Cheese and Beans	Vegetarian Hot Dinner	Jacket Potato with Cheese and Beans	
Cold Option	Ham, Cheese or Tuna Roll	Ham, Cheese or Tuna Roll	Ham, Cheese or Tuna Roll	Ham, Cheese or Tuna Roll	
Accompaniments	Herby Potato's Sweetcorn	Chips & Beans	Carrots, Green beans & Gravy	Creamed Potatoes & Peas	 Accompanied by Freshly Cooked Chips, Tomato, BBQ & Mayo Sauces
Salad / Vegetable Selection	Homemade Coleslaw, Homemade Pasta Salad, Freshly Prepared Salad	Homemade Coleslaw, Homemade Pasta Salad, Freshly Prepared Salad	Homemade Coleslaw, Homemade Pasta Salad, Freshly Prepared Salad	Homemade Coleslaw, Homemade Pasta Salad, Freshly Prepared Salad	
Desserts	Chocolate Cake and Custard Low-Fat Yoghurt, Seasonal Fresh Fruit	Pancakes & Syrup Low-Fat Yoghurt, Seasonal Fresh Fruit	Vanilla / Strawberry Ice-Cream Tub Seasonal Fresh Fruit, Low-Fat Yoghurt	Jam or Ring Doughnuts Low-Fat Yoghurt, Seasonal Fresh Fruit	Flapjack Seasonal Fresh Fruit Fresh Fruit Juices

Weeks Beginning:

16<sup>th</sup> September, 7<sup>th</sup> October, 4<sup>th</sup> November, 25<sup>th</sup> November, 16<sup>th</sup> December

Week 3 	Mad Monday	Tasty Tuesday	Wicked Wednesday	Yummy Thursday	Funky Friday
Dish of the Day RED Choice 1	Homemade Italian Pizza Cheese & Tomato or Pepperoni (or Codded Fillet)	All Day Breakfast	British Roast Beef or Turkey Served with Yorkshire Pudding Roast or Creamed Potatoes	Homemade Creamy Chicken Pie	Freshly Baked Sausage Roll
Dish of the Day RED Choice 2	Jacket Potato with Cheese and Beans	Jacket Potato with Cheese and Beans	Vegetarian Hot Dinner	Jacket Potato with Cheese and Beans	
Cold Option	Ham, Cheese or Tuna Roll	Ham, Cheese or Tuna Roll	Ham, Cheese or Tuna Roll	Ham, Cheese or Tuna Roll	
Accompaniments	Sweetcorn, Herby Potatoes	Waffles/Bread and Butter	Carrots, Brussels & Gravy	Creamed Potatoes, Mixed Vegetables & Gravy	 Accompanied by Freshly Cooked Chips Tomato, BBQ & Mayo Sauces
Salad / Vegetable Selection	Homemade Coleslaw, Homemade Pasta Salad, Freshly Prepared Salad	Homemade Coleslaw, Homemade Pasta Salad, Freshly Prepared Salad	Homemade Coleslaw, Homemade Pasta Salad, Freshly Prepared Salad	Homemade Coleslaw, Homemade Pasta Salad, Freshly Prepared Salad	
Desserts	Iced Sponge Cake Low-Fat Yoghurt, Seasonal Fresh Fruit	Jelly Low-Fat Cream Low-Fat Yoghurt, Seasonal Fresh Fruit	Vanilla / Strawberry Ice-Cream Tub Seasonal Fresh Fruit, Low- Fat Yoghurt	Cheesecake Low-Fat Yoghurt, Seasonal Fresh Fruit	Cake, Cookie or Jelly Seasonal Fresh Fruit Fresh Fruit Juices

*All main courses are freshly prepared at the school (excluding fish, burgers and sausages). With the exception of chips, our food is cooked using oven baking and steaming methods. Semi-skimmed milk, fruit juice and water are available daily. All vegetables and salads are fresh and prepared at the school.*