

QEGS Junior School
Menu Week 1 – Weeks commencing 4/1, 30/1, 5/3

Monday	Tuesday	Wednesday	Thursday	Friday
Beef & Leek Stew with Sweetcorn Dumplings Salmon Arrabiatta (V) Veggie Pasta Arrabiatta Creamed Potatoes Garden Peas Ratatouille	Pork & Apple Sausages Chicken Supreme & Rice (V) Quorn Supreme & Rice Mash Potatoes Cauliflower Florets Whole Green Beans	Roast Beef & Yorkshire Pudding Cheese & Ham Quiche (V) Red Pepper Quiche Roast Potatoes Swede Broccoli Florets	Shepherds Pie Chicken Korma & Rice (V) Quorn & Lentil Curry Rice Creamed Potatoes Cabbage Sliced Carrots	Battered Cod Chilli Con Carne & Pitta Bread (V) Veggie Chilli Con Carne & Pitta Bread Chipped Potatoes Mushy Peas Baked Beans
<p>Snacks</p> <p>Throughout the term the following are available: Jacket Potato with a choice of fillings Assorted Grab Salad Bowls Assortment of Sandwiches in Wholemeal, Naan Bread or Wraps Pasta Bar</p>				
Available daily: Fresh Fruit, Yoghurt or Cheese and Biscuit				
Chocolate Sponge & Chocolate Sauce Strawberry Mousse	Cherry Pie & Custard Assorted Muffins	Steamed Jam Sponge & Custard Shortbread	Apple Crumble & Custard Jam Scone	Iced Sponge & Custard Oat & Raisin Cookie

QEGS Junior School
Menu Week 2 – Weeks commencing 9/1, 6/2, 12/3

Monday	Tuesday	Wednesday	Thursday	Friday
Cottage Pie with Cheddar Mash Pork Madras with Naan Bread (v) Veggie Lentil Madras with Naan Bread New Potatoes Broccoli Florets Cabbage	Chicken Pasta with Leek & Ham in a Cheese Sauce Salmon Fishcake (v) Veggie Pasta Bake Creamed Potatoes Roast Parsnips Garden Peas	Roast Turkey & Seasoning Homemade Meat Balls in Sweet n Sour Sauce with Rice (v) Quorn Sweet & Sour, Rice Roast Potatoes Button Sprouts Baton carrots	Bacon Chop & Pineapple Macaroni Three Cheese & Pepperoni (V) Macaroni Three Cheese Parsley Potatoes Sweetcorn Butter Beans	Battered Cod Chinese Spring Roll with Sweet Chilli Sauce (V) Veggie Spring Roll with Sweet Chilli Sauce Chipped Potatoes Mushy Peas Baked Beans
<p>Snacks</p> <p>Throughout the term the following are available: Jacket Potato with a choice of fillings Assorted Grab Salad Bowls Assortment of Sandwiches with a Selection of Breads Pasta Bar</p>				
Available daily: Fresh Fruit, Yoghurt or Cheese and Biscuits				
Ripple Sponge Cake & Custard Fruit Jelly	Jam Roly Poly & Custard Fruit Scone & Butter	Bread & Butter Pudding & Custard Carrot Cake Slice	Apple Pie & Custard Shortbread	Raspberry & Apple Crumble & Custard Assorted Muffins

QEGS Junior School
Menu Week 3 – Weeks commencing 16/1, 13/2, 19/3

Monday	Tuesday	Wednesday	Thursday	Friday
Steak & Mushroom Pie Spiced Pork & Peppers with Pasta (v) Pasta with Quorn & Peppers New Potatoes Whole Green Beans Baton Carrots	Chicken Salsa Fajitas with Selection of Salads Shepherds Pie (v) Veggie Salsa Fajitas Creamed Potatoes Peppered Swede Garden Peas	Roast Leg of Pork & Apple Sauce BBQ Meatballs & Noodles (v) Vegetable Cheese Pasty Roast Potatoes Mixed Roasted Vegetables Cauliflower Florets	Lamb Keema Curry & Rice Creamy Chicken Pie topped with Puff Pastry (V) Quorn Curry & Rice Creamed Mash Potato Sweetcorn Spring Cabbage	Battered Cod Spaghetti Bolognese with Garlic Bread (v) Veggie Bolognese Chips Mushy Peas Baked Beans
<p>Snacks</p> <p>Throughout the term the following are available: Jacket Potato with a choice of fillings Assorted Grab Salad Bowls Assortment of Sandwiches with a Selection of Breads Pasta Bar</p>				
<p>Available daily: Fresh Fruit, Yoghurt or Cheese and Biscuits</p>				
Apple Crumble Custard Assorted Biscuits	Cherry Slice & Custard Flapjack	Steamed Chocolate Sponge & Chocolate Sauce Jelly & Cream	Bakewell Tart & Custard Cream Scone	Marble Cake & Custard Shortbread

QEGS Junior School
Menu Week 4 – Weeks commencing 23/1, 27/2, 26/3

Monday	Tuesday	Wednesday	Thursday	Friday
Stir Fried Beef & Broccoli with Egg Noodles	Moroccan Lamb with lightly Spiced Rice	Roast Turkey & Cranberry Sauce	Chicken Korma & Saffron Rice	Battered Cod & Lemon
Pork & Herb Sausages	Cod & Lemon Fishcake	Traditional Lasagne	Cheese & Bacon Quiche	Ravioli au Gratin
(v) Bean & Vegetable Stir Fry	(V) Quorn & Vegetable Casserole with lightly Spiced Rice	(v) Veggie Mince Lasagne	(v) Cheese & Tomato Quiche	(v) Veggie Ravioli
Creamed Potatoes Baked Beans Garden Peas	New Potatoes Sweetcorn Delmonico Cauliflower Florets	Roast Potatoes Broccoli Florets Sliced Carrots	Boulangere Potatoes Red Cabbage Cut Green Beans	Chipped Potatoes Mushy Peas Baked Beans
Throughout the term the following are available: Jacket Potato with a choice of fillings Assorted Grab Bowl Salads Assortment of Sandwiches with a Selection of Breads Pasta Bar				
Available daily: Fresh Fruit, Yoghurt or Cheese and Biscuits				
Chocolate Orange Sponge & Custard	Sticky Toffee Pudding & Custard	Raspberry & Apple Pie & Custard	Blackcherry Crumble & Custard	Treacle Sponge & Custard
Swiss Roll	Peaches & Cream	Chocolate Brownies	Iced Sponge Fingers	Artic Roll