This Week's Menu

JCoSS Menu - Week 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meal Deal				Roast Beef	Fish Goujons & Tartar
	Beef Burger in a Bun with	Turkey Casserole with		OR	Sauce
	Onions	Cous cous	Chicken& Salad Wrap	Lentil & Sweet Potato Curry	OR
	OR	OR	OR	(v)	Bubble & Squeak with
	Spaghetti Napolitano (v)	Shepherdess Pie (v)	Chilli Sin Carne (v)	WITH	Gravy (v)
	WITH	WITH	WITH	Steamed Rice, Roast	WITH
	Coleslaw or Sweetcorn	Courgette	Steamed Rice & Cauliflower	Potatoes or	Sautéed Potatoes & Garden
	AND	AND	AND	Green Beans	Peas
	Steamed Chocolate	Citrus Apple Pie & Parev	Syrup Sponge	AND	AND
	Sponge	Custard	OR	Jam Tart	Crunchy Plum & Vanilla
	OR	OR	A Piece Of Fruit	OR	Crumble
	A Piece of Fruit	A Piece Of Fruit		A Piece Of Fruit	OR
					A Piece Of Fruit
Soups	Warming Soup of the day served with a selection of Breads				
Chefs Kitchen	Beef Burger in a Bun with Onions	Turkey Casserole	Chicken & salad Wrap	Roast Beef ***	Fish Goujons ***
	***	***	***	Lentil & Sweet Potato Curry	Bubble & Squeak with
	Spaghetti Napolitano(v)	Shepherdess Pie (v)	Chilli Sin Carne & Rice (v)	(v)	Gravy (v)
The Sides	Coleslaw or Sweetcorn	Cous cous or Courgette	Steamed Rice or	Steamed Rice, Roast	Chipped/Sautéed Potatoes
			Cauliflower	Potatoes or Green Beans	or Garden Peas
Family "Favs"	Steamed Chocolate	Citrus Apple Pie & Parev	Syrup Sponge	Jam Tart	Crunchy Plum & Vanilla
	Sponge	Custard	Syrup Sponge	Jam Tart	Crumble
Noodles & Pasta	A selection of Pasta or Noodles topped with your favorite sauce				
Salads	A Healthy Variety of Salads and dressings				
"Spud" Station	Pick your "Spud" and a topping or two of your choice				
Grab & Go	Check our range of: Sandwiches, Baguettes & Rolls				

























