

This Week's Menu

JCoSS Menu - Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meal Deal	Beef Pasta Bake OR Vegetable Risotto (v) WITH Peas AND Apple Crumble OR A Piece of Fruit	Chicken Stir-fry with Noodles OR Mushroom & Leek Quiche (v) WITH Sweetcorn or Green Beans AND Iced Lemon Squares OR A Piece of Fruit	Roast Turkey OR Vegetable Pasty (v) WITH Roast Potatoes, Carrots or Peas AND Banana Loaf OR A Piece Of Fruit	Meatballs & Spaghetti OR Mixed Bean Cassoulet (v) WITH Rice and Mixed Vegetables AND Honey & Sultana Cake OR A Piece Of Fruit	Fish Goujons & Tartare Sauce OR Vegetable Burger in a bun served with onions (v) WITH Peas and Chips AND Chocolate Sponge OR A Piece Of Fruit
Soups	Warming Soup of the Day Served with a Selection of Breads				
Chefs Kitchen	Beef Burger in a Bun *** Vegetable Risotto (v)	Chicken Stir-fry *** Mushroom & Leek Quiche (v)	Roast Turkey *** Vegetable Pasty (v)	Meatballs & Spaghetti *** Mixed Bean Cassoulet(v)	Fish of the Day *** Vegetable Burger in a bun served with onions (v)
The Sides	Garden Peas or Potato Wedges	Sweetcorn or Green Beans	Roast Potatoes, Carrots or Peas	Spaghetti and Mixed Vegetables or rice	Peas, Chips and Onion Rings
Family "Faves"	Apple Crumble	Iced Lemon Squares	Banana Loaf	Honey & Sultana cake	Chocolate Sponge
Noodles & Pasta	A selection of Pasta or Noodles topped with your favorite sauce				
"Spud" Station	Pick your "Spud" and a topping or two of your choice				
Grab & Go	Check our range of: Sandwiches, Bagels and Rolls				

