## This Week’s Menu

### JCoSS Menu - Week 3

**MONDAY**
- **Meal Deal**
  - Beef Bolognese with Spaghetti
  - OR
  - Spaghetti Napolitano (v)
  - WITH
  - Sweetcorn AND
  - Steamed Chocolate Sponge OR
  - A Piece of Fruit

**TUESDAY**
- Turkey Casserole with Cous cous OR
- Shepherdess Pie (v) WITH
- Courgette AND
- Citrus Apple Pie & Parev Custard OR
- A Piece Of Fruit

**WEDNESDAY**
- Roast Beef OR
- Lentil & Sweet Potato Curry (v)
- Steamed Rice Roast Potatoes or Green beans &
- Jam Tart OR
- A piece of Fruit

**THURSDAY**
- Chicken Shawarma OR
- Vegetable Lasagna (v) WITH
- Steamed Rice, Cauliflower &
- Syrup sponge OR
- A Piece Of Fruit

**FRIDAY**
- Fish Goujons & Tartar Sauce OR
- Falafel In Pita Bread (v) WITH
- Chipped Potatoes & Garden Peas AND
- Crunchy Plum & Vanilla Crumble OR
- A Piece Of Fruit

**Soups**
- Warming Soup of the day served with a selection of Breads

**Chefs Kitchen**
- Beef Bolognase ***
- Spaghetti Napolitano(v)
- Turkey Casserole ***
- Shepherdess Pie (v)
- Roast Beef ***
- Lentil & Sweet Potato Curry (v)
- Chicken Shawarma ***
- Vegetable Lasagna (v)
- Fish Goujons ***
- Falafel in Pita Bread (v)

**The Sides**
- Sweetcorn
- Cous cous or Courgette
- Steamed Rice, Roast Potatoes or green beans
- Steamed Rice or Cauliflower
- Chipped Potatoes or Garden Peas

**Family “Favs”**
- Steamed Chocolate Sponge
- Citrus Apple Pie & Parev Custard
- Jam Tart
- Syrup Sponge
- Crunchy Plum & Vanilla 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