This Week's Menu

JCoSS Menu - Week 3

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feeding the imagination

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meal Deal	Beef Bolognaise with Spaghetti OR Spaghetti Napolitano (v) WITH Sweetcorn AND Steamed Chocolate Sponge OR A Piece of Fruit	Turkey Casserole with Cous cous OR Shepherdess Pie (v) WITH Courgette AND Citrus Apple Pie & Parev Custard OR A Piece Of Fruit	Roast Beef Or Lentil & Sweet Potato Curry (V) Steamed Rice Roast Potatoes or Green beans & Jam Tart Or A piece of Fruit	Chicken Shawarma OR Vegetable Lasagna (v) WITH Steamed Rice, Cauliflower & Syrup sponge OR A Piece Of Fruit	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 Bolognaise *** 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				