

Wellfield Junior – Lunch Menus

Week 1

MENU

WEEK COMMENCING MON... 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN CHOICE 1	Lamb Burger on a Bun	Ham Pasta Bake	Sausage & Yorkshire Pud	Chicken & Sweetcorn Pie	Breaded Salmon
MAIN CHOICE 2	Veg Burger on a Bun	Vegetable Ravioli	Quorn Sausage & Yorkshire Pud	Macaroni cheese	BBQ Chicken Drumsticks
VEGETARIAN					
CARBOHYDRATE	Saute Potatoes	Garlic Bread	Roast & mash Potatoes	New Potatoes	Chips
CARBOHYDRATE	Jacket Potatoes	Jacket Potatoes	Jacket Potatoes	Jacket Potatoes	Jacket Potatoes
VEGETABLES	Salad	Mixed Veg	Carrots	Broccoli	Mushy Peas
VEGETABLES			Paranips		
DESSERT / BAKING	Apple Crumble & Custard	Fruit Jelly	Ice-Cream	FlapJack	Chocolate & Beetroot Muffins
FRESH FRUIT					
SALAD BAR					
SALAD PROTEIN					

Week 2

MENU

WEEK COMMENCING MON... 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN CHOICE 1	Spaghetti Bolognese <sup>2ceon</sup> <sub>1/2</sub>	Chicken & Veg Curry	Braised Steak	Turkey meatballs in Tomato Sauce	Fish Finger wrap
MAIN CHOICE 2	Broccoli Pasta Bake	Veg Stir-Fry	Cheese Whirls	Veg meatballs in Tomato Sce	Veg Finger Wrap
VEGETARIAN					
CARBOHYDRATE	Garlic Bread <sup>2ceon</sup> <sub>1/2</sub>	Rice	Roast & Mash Potatoes	Pasta	chips
CARBOHYDRATE	Jacket Potato		Jacket Potatoes		
VEGETABLES			Carrots	Peas	Mushy Peas
VEGETABLES	Sweet Corn	Mixed Salad	Cauliflower		
DESSERT / BAKING	Orange Cookies <sup>1ceon</sup> <sub>X</sub>	Lemon Sponge & Custard	Ice-cream	Chocolate & Banana Brownie	Carrot Cake
FRESH FRUIT					
SALAD BAR					
SALAD PROTEIN					

Week 3

MENU

WEEK COMMENCING MON... 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN CHOICE 1	Pepperoni Pizza	Sausage Plait	<del>Pork</del> Roast Chicken Steak	Lamb & Lentil Casserole	Battered Fish
MAIN CHOICE 2	Cheese Pizza	Cheese & Veg Quiche	Vegetable Grill	Veg Pasta Bake	Tortilla Layer
VEGETARIAN					
CARBOHYDRATE	Diced Potatoes	Potato Wedges	Roast & mash Potatoes	Rice	Chips
CARBOHYDRATE					
VEGETABLES	Sweetcorn	Baked Beans	Carrots	Mixed Salad	Mushy Peas
VEGETABLES			Cabbage		
DESSERT / BAKING	Shortbread	Banana Cake & Custard	Ice-cream	Blueberry Muffin	Rice Pudding
FRESH FRUIT					
SALAD BAR					
SALAD PROTEIN					

Week 4

MENU

WEEK COMMENCING MON... 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN CHOICE 1	Chicken wrap	Lasagne Chili Tacos	Roast Gammon	Lasagne	Cowboy Casserole
MAIN CHOICE 2	Veg Samosa	Veg Risotto	Cheese & onion Pie	Tomato Pasta	Fish Cake
VEGETARIAN					
CARBOHYDRATE	Saute Potatoes	Rice	Roast & mash Potatoes	Garlic Bread	Chips
CARBOHYDRATE					
VEGETABLES	Mixed Veg	Sweetcorn	Carrots	Brassoli	Mushy Peas
VEGETABLES			Sprouts		
DESSERT / BAKING	Iced Buns	Angel Delight	<del>MP</del> Ice-cream	Melting Moments	Jam Scones
FRESH FRUIT					
SALAD BAR					
SALAD PROTEIN					