

MOSS HALL JUNIOR SCHOOL



WEEK 1

Option 1

Vegetarian Sausage Hotdog (Ve)

Tuesday.

Mexican Organic Minced Beef Bake

Wednesday.

Roast Chicken served with Stuffing, Roast Potatoes and Gravy

Thursday.

Chicken and Nacho Grill served with Steamed Rice

Friday.

Gluten Free Battered Fish served with Chips

Option 2  Vegetarian

Cheese Flan served with New Potatoes

Red Pesto and Mascarpone Pasta

Vegetarian Hot Pot (Ve)

Vegetable and Chick Pea Jambalaya (Ve)

Vegetable Nuggets served with Chips (Ve)

Option 3

Jacket Potato served with Cheese, Baked Beans (Ve), Tuna Mayonnaise or Coleslaw

Tomato and Basil Pasta (Ve)

Jacket Potato served with Cheese

Cheesy Tomato Pasta

Jacket Potato served with Cheese, Baked Beans (Ve), Tuna Mayonnaise or Coleslaw

Vegetables

Sweetcorn Carrots

Cauliflower and Broccoli Garden Peas

Carrots Green Beans

Garden Peas Carrots

Baked Beans Garden Peas

Dessert

Fruit Slushy

Fruit Crumble with Custard

Fresh Fruit Salad

Jam and Coconut Sponge with Custard

Rice Krispie Cake

WEEK 2

Option 1

Macaroni Cheese

Tuesday.

Organic Beef Bolognaise served with Spaghetti

Wednesday.

Chicken and Sweetcorn Pie served with New Potatoes

Thursday.

Chicken Korma served with Steamed Rice

Friday.

Breaded Fish Fingers or Salmon Fish Fingers served with Chips

Option 2  Vegetarian

Sweet Potato and Chick Pea Curry served with Steamed Rice (Ve)

Vegetarian Bolognaise served with Spaghetti (Ve)

Cheesy Lentil Roast served with New Potatoes

Vegetable and Bean Biryani (Ve)

Vegetarian Sausage served with Chips (Ve)

Option 3

Roasted Vegetable Pasta (Ve)

Jacket Potato served with Cheese

Jacket Potato served with Cheese, Baked Beans (Ve), Tuna Mayonnaise or Coleslaw

Tomato and Basil Pasta (Ve)

Jacket Potato served with Cheese, Baked Beans (Ve), Tuna Mayonnaise or Coleslaw

Vegetables

Sweetcorn Green Beans

Carrots Garden Peas

Sautéed Cabbage and Leek Carrots

Green Beans Sweetcorn

Baked Beans Garden Peas

Dessert

Fruit Slushy

Fruity Flapjack

Pineapple Sponge with Custard

Apple and Cinnamon Whirl with Custard

Gluten Free Vanilla Cookie

WEEK 3

Option 1

Cheese and Tomato Pizza served with Potato Wedges

Tuesday.

Honey and Ginger Chicken served with Steamed Rice

Wednesday.

Roast Turkey served with Stuffing, Roast Potatoes and Gravy

Thursday.

Organic Beef Chilli Con Carne served with Steamed Rice

Friday.

Gluten Free Battered Fish served with Chips

Option 2  Vegetarian

Red Pepper and Sweetcorn Pizza served with Potato Wedges

Oriental Vegetable Stir Fry served with Steamed Rice (Ve)

Chick Pea, Barley and Vegetable Pastty served with Roast Potatoes (Ve)

Vegetarian Chilli served with Steamed Rice (Ve)

Vegetable Burger served with Chips (Ve)

Option 3

Jacket Potato served with Cheese, Baked Beans (Ve), Tuna Mayonnaise or Coleslaw

Tomato and Basil Pasta (Ve)

Jacket Potato served with Cheese

Neapolitan Pasta (Ve)

Jacket Potato served with Cheese, Baked Beans (Ve), Tuna Mayonnaise or Coleslaw

Vegetables

Carrots Garden Peas

Broccoli Sweetcorn

Carrots Cabbage

Green Beans Carrots

Baked Beans Garden Peas

Dessert

Fruit Slushy

Chocolate Sponge with Custard

Fresh Fruit Salad

Apple Sponge with Custard

Frozen Mango Yogurt

LOOK FOR THE SUGAR SHERIFF THESE MEALS ARE COMPLETELY FREE FROM ADDED SUGAR!



Freshly Baked Bread, Salad Bar, Yoghurt and Fresh Fruit are available daily



We always meet the Government food based standard for school lunches. All of our meals are freshly prepared on site by our team to ensure there are no undesirable additives. Many of our dishes contain hidden vegetables to increase vegetable intake. We are continuously working to reduce the amount of refined sugar in our menus.

THIS MENU SUPPORTS:

