

Christchurch Junior School

Weekly menu

WEEK 1: W/C 4th Sept, 25th Sept, 16th Oct, 13th Nov, 4th Dec, 8th Jan, 29th Jan



Monday

Tuesday

Wednesday

Thursday

Friday

Tomato & Herb Pasta
Wheat

Sausage Roll
Wheat, Eggs, Soya,
Sulphites, Milk

Roast Pork with Gravy

Sticky BBQ Chicken
Mustard

Breaded Fish Fingers
Wheat, Fish, Eggs

Salmon Fishcake
Wheat, Eggs, Milk

Quorn Sausage Roll
Wheat, Eggs, Soya,
Sulphites, Milk

Vegetable Loaf
Wheat, Soybeans, Celery

Mushroom Style Stroganoff

Carrot & Courgette Fritter
Wheat

Vegan – Tomato & Herb
Pasta
Wheat

Vegan – Vegan Quorn
Sausage Roll
Wheat

Vegan – Vegetable Loaf
Wheat, Soybeans

Vegan – Mushroom Style
Stroganoff

Vegan – Carrot & Courgette
Fritter
Wheat

Jacket Potato with Baked
Beans

Jacket Potato with Grated
Cheddar Cheese
Milk

Jacket Potato with Tuna
Mayonnaise
Fish, Mustard

Jacket Potato with Grated
Cheddar Cheese
Milk

Jacket Potato with Baked
Beans

Garlic Bread
Wheat

Potatoes

Roast Potatoes

Savoury Rice

Oven Chips

Apple Crumble with Custard
Wheat, Milk

Shortbread
Wheat

Ice Cream Pot
Milk

Iced Lemon Sponge
Wheat, Eggs

Chocolate Brownie
Wheat, Eggs

Available daily

Please ask the catering manager for food allergen information

Homemade Bread ~ Vegetables of the Day ~ Fresh Fruit Platter ~ Drinking Water

Red = Allergen

- All food is freshly prepared on site each day and if any of the 14 common food allergens present, they are listed in red against each menu item and are intended as a guide to help with the choice of meal. For operational reasons it may be necessary to alter a recipe at short notice and therefore **your child or the member of school staff who presents your child at the counter must check each time before being served with the food**
- The Company handles many of the 14 common food allergens in our busy kitchens and so therefore cannot guarantee that our food is 100% free from specific food allergens
- There are foods not on the list of 14 common food allergens which can cause allergic reactions in a small number of people and if your child has such an allergy, **they or school member must check each time before being served with the food.**

Our allergen process is written to protect the welfare of the children.

Christchurch Junior School

Weekly menu

WEEK 2: W/C 11th Sept, 2nd Oct, 30th Oct, 20th Nov, 11th Dec, 15th Jan, 5th Feb



Monday

Tuesday

Wednesday

Thursday

Friday

Cheese & Tomato Pizza
Wheat, Milk

Chicken Curry Balti Style
Celery

Roast Gammon with Gravy

Beef Lasagne
Wheat, Milk

Breaded Fish Fingers
Wheat, Fish, Eggs

Spanish Style Omelette
Eggs

Spiced Quorn & Vegetable Mince
Wheat

Cheese Triangle Puff with Fresh Tomato Sauce
Wheat, Milk

Ratatouille Lasagne
Wheat, Milk

Cheesy Yorkie Pudding
Wheat, Milk, Eggs

Vegan – Vegan Cheese & Tomato Pizza
Wheat

Vegan – Spiced Vegan Quorn & Vegetable Mince
Wheat

Vegan – Vegan Cheese Triangle with Fresh Tomato Sauce
Wheat

Vegan – Ratatouille Lasagne
Wheat

Vegan – Jacket Potato with Baked Beans

Jacket Potato with Baked Beans

Jacket Potato with Grated Cheddar Cheese
Milk

Jacket Potato with Tuna & Sweetcorn Mayonnaise
Fish, Mustard

Jacket Potato with Cheddar Cheese
Milk

Jacket Potato with Baked Beans

Potatoes

Savoury Rice

Roast Potatoes

Garlic Bread
Wheat

Oven Chips

Syrup Oat Cookie
Wheat

Pear & Caramel Sponge
Wheat, Eggs, Milk

Raspberry Jelly

Chocolate Cornflake Cake
Milk, Wheat, Sulphites

Orange Shortbread Biscuit
Wheat

Available daily

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Christchurch Junior School

Weekly menu

WEEK 3: W/C 18th Sept, 9th Oct, 6th Nov, 27th Nov, 18th Dec, 22nd Jan



Monday

Tuesday

Wednesday

Thursday

Friday

Macaroni Cheese
Wheat, Milk

Beef Pattie served in a Bun
Wheat

Roast Chicken & Gravy

Pork Sausages
Wheat, Sulphites

Breaded Fish Fingers
Wheat, Fish, Eggs

Bean & Pepper Jambalaya
Soybeans, Celery

Vegetable Burger
Wheat

Sweet Potato & Root
Vegetable Pie
Wheat

Carrot & Leek Sausages
Wheat, Soybeans

Cheese & Potato Puff
Milk, Eggs, Wheat

Vegan – Bean & Pepper
Jambalaya
Soybeans, Celery

Vegan – Vegetable Burger
Wheat

Vegan – Sweet Potato &
Root Vegetable Pie
Wheat

Vegan – Carrot & Leek
Sausages
Wheat, Soybeans

Vegan – Vegan Cheese &
Potato Puff
Wheat

Jacket Potato with Baked
Beans

Jacket Potato with Cheddar
Cheese
Milk

Jacket Potato with Tuna
Mayonnaise
Fish, Mustard

Jacket Potato with Grated
Cheddar Cheese
Milk

Jacket Potato with Baked
Beans

Garlic Bread
Wheat

Potatoes

Roast Potatoes

Mashed Potato

Oven Chips

Fruit Yoghurt & Tinned
Peaches
Milk

Apple Cake
Wheat, Eggs, Milk

Ginger Biscuit
Wheat, Eggs

Jam Sponge with Custard
Wheat, Eggs, Milk

Oat Flapjack
Wheat

Available daily

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Homemade Bread ~ Vegetables of the Day ~ Fresh Fruit Platter ~ Drinking Water

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