

Christchurch Junior School

Weekly menu

WEEK 1: W/C 1st Jan, 22nd Jan



Monday

Tomato & Herb Pasta
Wheat

Salmon Fishcake
Fish, Wheat, Eggs, Milk

Vegan – Tomato & Herb Pasta
Wheat

Jacket Potato with Baked Beans

Garlic Bread
Wheat

Apple Crumble with Custard
Wheat, Milk

Tuesday

Sausage Roll
Wheat, Eggs, Soya, Sulphites, Milk

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

Vegan – Vegan Quorn Sausage Roll
Wheat

Jacket Potato with Grated Cheddar Cheese
Milk

Potatoes

Shortbread
Wheat

Wednesday

Roast Pork with Gravy

Vegetable Loaf
Wheat, Soybeans, Celery

Vegan – Vegetable Loaf
Wheat, Soybeans

Jacket Potato with Tuna Mayonnaise
Fish, Mustard

Roast Potatoes

Ice Cream Pot
Milk

Thursday

Sticky BBQ Chicken
Mustard

Mushroom Style Stroganoff

Vegan – Mushroom Style Stroganoff

Jacket Potato with Grated Cheddar Cheese
Milk

Savoury Rice

Iced Lemon Sponge
Wheat, Eggs

Friday

Breaded Fish Fingers
Wheat, Fish, Eggs

Carrot & Courgette Fritter
Wheat

Vegan – Carrot & Courgette Fritter
Wheat

Jacket Potato with Baked Beans

Oven Chips

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 8th Jan, 29th Feb



Monday

Cheese & Tomato Pizza
Wheat, Milk

Spanish Style Omelette
Eggs

Vegan – Vegan Cheese & Tomato Pizza
Wheat

Jacket Potato with Baked Beans

Potatoes

Syrup Oat Cookie
Wheat

Tuesday

Chicken Curry Balti Style
Celery

Spiced Quorn & Vegetable Mince
Wheat, Soya

Vegan – Spiced Vegan Quorn & Vegetable Mince
Wheat

Jacket Potato with Grated Cheddar Cheese
Milk

Savoury Rice

Pear & Caramel Sponge
Wheat, Eggs, Milk

Wednesday

Roast Gammon with Gravy

Cheese Triangle Puff with Fresh Tomato Sauce
Wheat, Milk

Vegan – Vegan Cheese Triangle with Fresh Tomato Sauce
Wheat

Jacket Potato with Tuna & Sweetcorn Mayonnaise
Fish, Mustard

Roast Potatoes

Raspberry Jelly

Thursday

Beef Lasagne
Wheat, Milk

Ratatouille Lasagne
Wheat, Milk

Vegan – Ratatouille Lasagne
Wheat

Jacket Potato with Cheddar Cheese
Milk

Garlic Bread
Wheat

Chocolate Cornflake Cake
Milk, Wheat, Sulphites

Friday

Breaded Fish Fingers
Wheat, Fish, Eggs

Cheesy Yorkie Pudding
Wheat, Milk, Eggs

Vegan – Jacket Potato with Baked Beans

Jacket Potato with Baked Beans

Oven Chips

Orange Shortbread Biscuit
Wheat

Available daily

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Christchurch Junior School

Weekly menu

WEEK 3: W/C 15th Jan, 5th Feb



Monday

Macaroni Cheese
Wheat, Milk

Bean & Pepper Jambalaya
Soybeans, Celery

Vegan – Bean & Pepper
Jambalaya
Soybeans, Celery

Jacket Potato with Baked
Beans

Garlic Bread
Wheat

Fruit Yoghurt & Tinned
Peaches
Milk

Tuesday

Beef Pattie served in a Bun
Wheat

Vegetable Burger
Wheat

Vegan – Vegetable Burger
Wheat

Jacket Potato with Cheddar
Cheese
Milk

Potatoes

Apple Cake
Wheat, Eggs, Milk

Wednesday

Roast Chicken & Gravy

Sweet Potato & Root
Vegetable Pie
Wheat

Vegan – Sweet Potato &
Root Vegetable Pie
Wheat

Jacket Potato with Tuna
Mayonnaise
Fish, Mustard

Roast Potatoes

Ginger Biscuit
Wheat, Eggs

Thursday

Pork Sausages
Wheat, Sulphites

Carrot & Leek Sausages
Wheat, Soybeans

Vegan – Carrot & Leek
Sausages
Wheat, Soybeans

Jacket Potato with Grated
Cheddar Cheese
Milk

Mashed Potato

Jam Sponge with Custard
Wheat, Eggs, Milk

Friday

Breaded Fish Fingers
Wheat, Fish, Eggs

Cheese & Potato Puff
Milk, Eggs, Wheat

Vegan – Vegan Cheese &
Potato Puff
Wheat

Jacket Potato with Baked
Beans

Oven Chips

Oat Flapjack
Wheat

Available daily

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