Christchurch Junior School

Weekly menu

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WEEK 1: W/C 1 st Jan, 22 nd Jan		
Tuesday Wednesday 1	Chursday Friday	
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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 Fish, 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, <mark>Mustard</mark>	Jacket Potato with Grated Cheddar Cheese <mark>Milk</mark>	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 <mark>Milk</mark>	Iced Lemon Sponge Wheat, Eggs	Chocolate Brownie Wheat, Eggs

Available daily

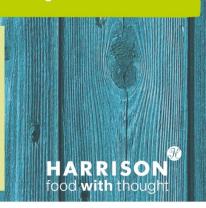
Please ask the catering manager for food allergen information

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 8th Jan. 29th Fe

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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, Soya	Cheese Triangle Puff with Fresh Tomato Sauce Wheat, Milk	Ratatouille Lasagne Wheat, <mark>Milk</mark>	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 <mark>Milk</mark>	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

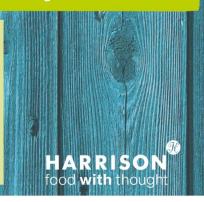
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Christchurch Junior School

Weekly menu

WEEK 3: W/C 15th Jan. 5th Fe

Friday

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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	Potatoes	Roast Potatoes	Mashed Potato	Oven Chips

Available daily

Fruit Yoghurt & Tinned

Please ask the catering manager for food allergen information

Apple Cake

Wheat, Eggs, Milk

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

Jam Sponge with Custard

Wheat, Eggs, Milk

Red = Allergen

Wheat

Peaches

Milk

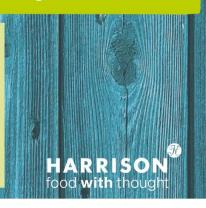
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Ginger Biscuit

Wheat, Eggs

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Oat Flapjack

Wheat