


# Whitchurch Junior Menu Autumn 2021



# Lunch Menu

## Week 1 - Mains

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b>	<b>Burrito (V)</b> A soft wrap filled with lightly spiced veggies and rice 	<b>Allegra's Chicken Filo Pie with Mashed Potato</b>  Light filo pastry, hearty chicken centre	<b>Roast Turkey with Roast Potatoes and Gravy</b>  Succulent roast Turkey with fluffy roasties and tasty gravy	<b>Beef Lasagne With a Garlic and Herb Bread Wedge **</b>  A classic Italian beef Lasagne	<b>Southern Fried Chicken Tasters with Chips</b>  Lightly seasoned crispy chicken strips and scrummy chips
<b>Alternative Dish</b>	<b>Cheese and Tomato Pizza** (v)</b>  Served with Dough Balls	<b>Veggie Korma with Bombay Potatoes (V)</b> 	<b>Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy (V)</b>   A chunky sweet potato and chickpea roast	<b>Butternut Squash and Tomato Bake with Rice (V) **</b>   A delicious butternut squash and tomato bake served with rice	<b>Quorn Dippers and Chips (V)</b>  Crispy Quorn nuggets with their fav sauce – ketchup
<b>Third Choice</b>	Tomato Pasta ** (V)	Jacket Potato with Salmon Mayonnaise ***	Tomato Pasta ** (V)	Tomato Pasta ** (V)	Tomato Pasta ** (V)
<b>Salads</b>	<b>A Selection of Fresh Salads</b>  Including Lettuce, Cucumber, Tomato, Grated Carrot, Sweetcorn and Potato Salad				
<b>Jacket Potato</b>	Jacket Potato With Daily Filling				
<b>On Request</b>	Sandwiches With Daily Filling				
<b>Vegetables</b>	Fresh Carrots Sweetcorn	Peas Broccoli	Carrots Cabbage	Broccoli Sweetcorn	Baked Beans Peas and Carrots
<b>Desserts</b>	Raspberry Ripple Ice-Cream with Fruit Slices	Secret Brownie	Shortbread Biscuit with Fruit Slices*	Pineapple Upside Down Cake 	Chocolate and Raspberry Swirl Cake

Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily

\*Fruit Based \*\*Wholegrain \*\*\*Oily Fish (V) Vegetarian

# Lunch Menu

## Week 2 - Mains



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b>	<b>Veggie Bolognese</b> ** (V)  Penne pasta in a yummy tomato and Quorn sauce	<b>Sausage and Mash</b>	<b>Roast Chicken</b> <i>with Roast Potatoes and Gravy</i> Succulent roast chicken with fluffy roasties and tasty gravy	<b>Cottage Pie</b> A classic cottage pie with veg and gravy 	<b>Golden Fish Fingers and Chips</b> Crispy Fish Fingers and scrummy chips
<b>Alternative Dish</b>	<b>Cheese and Tomato Pizza</b> ** with Dough Balls (V) Cheesy Tomato Topped Pizza Slice	<b>Allegra's Oodles of Noodles</b> (V)  Veggie Noodles	<b>Creamy Vegetable Pie</b> <i>with Roast Potatoes and Gravy</i> (V) Creamy vegetable pie with a cheesy shortcrust topper	<b>Mild Chickpea and Potato Curry</b> (V) ** Served with Wholemeal Rice 	<b>Tomato Veggie Burger with Chips</b> (V) A delicious homemade veggie burger 
<b>Third Choice</b>	Tomato Pasta ** (V)	Tomato Pasta ** (V)	Tomato Pasta ** (V)	Tomato Pasta ** (V)	Tomato Pasta ** (V)
<b>Salads</b>	A Selection of Fresh Salads  Including Lettuce, Cucumber, Tomato, Grated Carrot, Sweetcorn and Pasta Salad				
<b>Jacket Potato</b>	Jacket Potato With Daily Filling				
<b>On Request</b>	Sandwiches With Daily Filling				
<b>Vegetables</b>	Fresh Carrots Sweetcorn	Peas Broccoli	Carrots Cabbage	Green Beans Sweetcorn	Baked Beans Peas and Carrots
<b>Desserts</b>	Flapjack with Fruit Slices* 	Peach Shortbread Pudding*	Raspberry yoghurt cake	Fruity Chocolate Brownie	Vanilla Ice-Cream with Fruit Slices







Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily

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# Lunch Menu

## Week 3 - Mains



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b>	<b>Cheese &amp; Tomato Pizza**</b>  Dough Balls	<b>Allegra's Garlicky Chicken and Spanishy Spuds</b>  Garlic Seasoned Chicken served with potatoes 	<b>Roast Beef with Roast Potatoes and Gravy</b>  Succulent roast beef with fluffy roasties and tasty gravy	<b>Beef Meatballs in Tomato Sauce</b>  Our Famous Meatballs in a tasty Tomato Sauce with Wholemeal Pasta**	<b>Golden Fish Fingers and Chips</b>  Crispy Fish Fingers and scrummy chips
<b>Alternative Dish</b>	<b>Veggie Sausage and Mash with Gravy (V)</b>  Fluffy mash with veggie sausages and rich gravy 	<b>Allegra's Cheesy Peasy Risotto Bake (V)</b>  A delicious cheesy risotto	<b>Butternut Squash and Potato Pastry Slice with Roast Potatoes and Gravy (V)</b>  A chunky Butternut Squash and potato slice	<b>Veggie Balls In Tomato Sauce with Pasta** (V)</b>  	<b>Soft Taco (V) with Chips</b>  A soft taco shell filled with a yummy tomato veggie tomato chilli 
<b>Third Choice</b>	<b>Tomato Pasta ** (V)</b>	<b>Tomato Pasta ** (V)</b>	<b>Tomato Pasta ** (V)</b>	<b>Tomato Pasta ** (V)</b>  	<b>Tomato Pasta ** (V)</b>
<b>Salads</b>	<b>A Selection of Fresh Salads</b> Including Lettuce, Cucumber, Tomato, Grated Carrot, Coleslaw				
<b>Jacket Potato</b>	<b>Jacket Potato With Daily Filling</b>				
<b>On Request</b>	<b>Sandwiches With Daily Filling</b>				
<b>Vegetables</b>	Peas Carrots	Sweetcorn Broccoli	Carrots Cabbage	Fresh Broccoli Sweetcorn	Baked Beans Peas and Carrots
<b>Desserts</b>	Oatie Biscuit* with Fruit Slices 	Pineapple and Peach Crumble with Custard*	Strawberry Ice Cream with Fruit Slices	Chocolate Sponge Cake	Crispy Snow Bar with Fruit Slices *
Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily					
*Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian					

