

JCP Autumn Term Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Dish of the Day	TOMATO & BASIL PASTA ^B	CHICKEN SKEWERS	PASTA BOLOGNAISE ^B WITH CHEESE ^G	ROAST TURKEY	BREADCRUMBED HADDOCK ^{B,E}
	GARLIC BREAD ^{B,G}	NEW POTATOES AND GARDEN PEAS		ROAST POTATOES, GREEN BEANS AND GRAVY	CHIPS AND GARDEN PEAS
Vegetarian Option	BAKED POTATOES	BAKED POTATOES	BAKED POTATOES	BAKED POTATOES	QUORN NUGGETS
	BEANS, CHEESE ^G OR TUNA MAYO ^{D,E}	BEANS, CHEESE ^G OR TUNA MAYO ^{D,E}	BEANS, CHEESE ^G OR TUNA MAYO ^{D,E}	BEANS, CHEESE ^G OR TUNA MAYO ^{D,E}	CHIPS AND GARDEN PEAS
Dessert	CHEESE ^G & CRACKERS ^B OR FRUIT OR YOGHURT ^G	CHEESE ^G & CRACKERS ^B OR FRUIT OR YOGHURT ^G	JELLY OR FRUIT	CHEESE ^G & CRACKERS ^B OR FRUIT OR YOGHURT ^G	TREAT DAY
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Dish of the Day	TOMATO PASTA ^{B,G}	BRAISED TURKEY	CHICKEN AND BACON PASTA	ROAST GAMMON	CUMBERLAND SAUSAGE ^B
	GARLIC NAAN ^{B,G}	MASHED POTATO MIXED VEGETABLES AND GRAVY	GARLIC BREAD ^{B,G}	ROAST POTATOES BROCCOLI, CARROTS AND GRAVY	CHIPS AND BEANS
Vegetarian Option	BAKED POTATOES	BAKED POTATOES	BAKED POTATOES	BAKED POTATOES	VEGETARIAN SAUSAGES ^{B,D,G}
	BEANS, CHEESE ^G OR TUNA MAYO ^{D,E}	BEANS, CHEESE ^G OR TUNA MAYO ^{D,E}	BEANS, CHEESE ^G OR TUNA MAYO ^{D,E}	BEANS, CHEESE ^G OR TUNA MAYO ^{D,E}	CHIPS AND BEANS
Dessert	CHEESE ^G & CRACKERS ^B OR FRUIT OR YOGHURT ^G	CHEESE ^G & CRACKERS ^B OR FRUIT OR YOGHURT ^G	JELLY OR FRUIT	CHEESE ^G & CRACKERS ^B OR FRUIT OR YOGHURT ^G	TREAT DAY
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Dish of the Day	COTTAGE PIE	PASTA BOLOGNAISE ^B	CHICKEN SKEWERS	ROASTED CHICKEN	FISH FINGERS ^{B,E}
	CARROTS AND GARDEN PEAS	GARLIC BREAD ^{B,G}	VEGETABLE RICE	ROAST POTATOES, GREEN BEANS, BUTTERNUT SQUASH AND GRAVY	CHIPS AND BAKED BEANS
Vegetarian Option	BAKED POTATOES	BAKED POTATOES	BAKED POTATOES	BAKED POTATOES	VEGETABLE CROQUETTES ^{B,D,G}
	BEANS, CHEESE ^G OR TUNA MAYO ^{D,E}	BEANS, CHEESE ^G OR TUNA MAYO ^{D,E}	BEANS, CHEESE ^G OR TUNA MAYO ^{D,E}	BEANS, CHEESE ^G OR TUNA MAYO ^{D,E}	CHIPS AND BAKED BEANS
Dessert	CHEESE ^G & CRACKERS ^B OR FRUIT OR YOGHURT ^G	CHEESE ^G & CRACKERS ^B OR FRUIT OR YOGHURT ^G	JELLY OR FRUIT	CHEESE ^G & CRACKERS ^B OR FRUIT OR YOGHURT ^G	TREAT DAY

A - Celery, B - Cereals containing Wheat, C - Crustaceans, D - Eggs, E - Fish, F - Lupin, G - Milk, H - Molluscs, I - Mustard, J - Nuts, K - Peanuts L - Sesame Seeds, M - Soya, N - Sulphur Dioxide