

Branston Junior Academy – School Meals Menus - New Menu – 3 week cycle

Week 1	19 th Nov	10 th Dec	
Week 2	5 th Nov	26 th Nov	17 th Dec
Week 3	12 th Nov	3 rd Dec	

Please keep this at home so you can see at a glance the menu for each week 😊

WEEK 1	Monday Week 1	Tuesday Week 1	Wednesday Week 1	Thursday Week 1	Friday Week 1
Main Option 1	Chicken Breast Fillet with Tomato & Basil Sauce	Thai Green Chicken & Vegetable Curry with Mixed Rice	Roast Pork with Apple Sauce & Gravy	Oven Baked Beef Lasagne	Deep Fried Fish
Main Option 2	Quorn Sausage & Winter Vegetable Cassoulet(V)	Creamy Macaroni Cheese (V)	Oven Baked Cheese Topped Leek & Potato Layer (V)	Wholemeal Cheese & Tomato Pasta Bake (V)	Vegetable Curry Served with 50/50 Rice (V)
Packed Lunch	Ham Sandwich Fruit & Yoghurt	Cheese Sandwich Fruit & Flapjack	Tuna Mayo Sandwich Fruit & Yoghurt	Ham Sandwich Fruit & Flapjack	Chicken Mayo Sandwich Fruit & Cookie
Jacket Potato	Tuna Mayo	Chicken Mayo	Cheese Only	Baked Beans & Cheese	Cheese & Coleslaw
ALL Main & Veggie served with choice of:-	Jacket Wedges Broccoli Sweetcorn	Spicy Diced Potatoes Garden Peas Roasted Vegetables	Roast Potatoes Baton Carrots Savoy Cabbage	Herby Garlic Bread Green Beans Mixed Vegetables Mixed Garden Salad	Chips Baked Beans Mixed Salad
Dessert Option A	Coconut & Jam Sponge with Custard	Chocolate Sponge Served with Chocolate Sauce	Apple Upside Down Pudding with Custard	Oven Baked Rice Pudding & Jam	Iced Ginger Cake
Option B	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Option C	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt
WEEK 2	Monday Week 2	Tuesday Week 2	Wednesday Week 2	Thursday Week 2	Friday Week 2
Main Option 1	Traditional 'All Day Breakfast'	Golden Potato Topped Shepherd's Pie	Roast Chicken with Sage & Onion Stuffing	Spiced Chicken Tikka with Braised Rice	Deep Fried Fish
Main Option 2	Vegetarian 'All Day Breakfast' (V)	Pasta Primavera (V)	Tuscan Bean Casserole (V)	Oven Baked Macaroni Cheese with Garlic Bread (V)	Savoury Cheese and Tomato Flan (V)
Packed Lunch	Ham Sandwich Fruit & Yoghurt	Cheese Sandwich Fruit & Flapjack	Tuna Mayo Sandwich Fruit & Yoghurt	Ham Sandwich Fruit & Flapjack	Chicken Mayo Sandwich Fruit & Cookie
Jacket Potato	Tuna Mayo	Chicken Mayo	Cheese Only	Baked Beans & Cheese	Cheese & Coleslaw
ALL Main & Veggie served with choice of:-	Jacket Potatoes Grilled Tomatoes Garden Peas Baked Beans	Sweetcorn Green Beans Mixed Garden Salad	Roast Potatoes Seasonal Greens Mixed Vegetable	Broccoli Diced Carrots Mixed Garden Salad	Chips Baked Beans Mixed Garden Salad
Dessert Option A	Fruit Sponge Traybake and Custard	Chocolate Muffin with Chocolate Sauce	Jam Sponge with Custard	Cornflake Tart and Custard	Apple Crumble and Ice Cream
Option B	Fresh Fruit	Fresh fruit	Fresh Fruit	Fresh fruit	Fresh fruit
Option C	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt
WEEK 3	Monday Week 3	Tuesday Week 3	Wednesday Week 3	Thursday Week 3	Friday Week 3
Main Option 1	Hot Pulled BBQ Chicken on a Baguette	Homemade Minced Beef and Onion Pie	Roast Gammon and Gravy	Moroccan Chicken with Lemon Cous Cous	Deep Fried Fish
Main Option 2	Vegetarian Tortilla Layer (V)	Oven Baked Mediterranean Vegetable Lasagne (V)	Chinese Sweet and Sour Vegetable Chow Mein (V)	Tangy Cheese and Red Onion Flan (V)	Creamy Oven Baked Macaroni Cheese (V)
Packed Lunch	Ham Sandwich Fruit & Yoghurt	Cheese Sandwich Fruit & Flapjack	Tuna Mayo Sandwich Fruit & Yoghurt	Ham Sandwich Fruit & Flapjack	Chicken Mayo Sandwich Fruit & Cookie
Jacket Potato	Tuna Mayo	Chicken Mayo	Cheese Only	Baked Beans & Cheese	Cheese & Coleslaw
ALL Main & Veggie served with choice of:-	Jacket Wedges Garden Peas Baked Beans Mixed Garden Salad	New Potatoes Sweetcorn Green Beans Baked Beans Mixed Garden Salad	Roast Potatoes Cauliflower Sliced Carrots	Spicy Diced Potatoes Broccoli Florets Mixed Vegetables Mixed Garden Salad	Chips Baked Beans Mixed Garden Salad
Dessert Option A	Marble Sponge and Custard	Jam Roly Poly and Custard	Chocolate Sponge and Chocolate Sauce	Pear and Ginger Upside Down Pudding & Custard	Vanilla Sponge and Ice Cream
Option B	Fresh Fruit	Fresh fruit	Fresh Fruit	Fresh fruit	Fresh fruit
Option C	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt