

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

<b>Week 1</b>	<b>3<sup>rd</sup> Sept</b>	<b>24<sup>th</sup> Sept</b>	<b>15<sup>th</sup> Oct</b>	<b>12<sup>th</sup> Nov</b>	<b>3<sup>rd</sup> Dec</b>
<b>Week 2</b>	<b>10<sup>th</sup> Sept</b>	<b>1<sup>st</sup> Oct</b>	<b>29<sup>th</sup> Oct</b>	<b>19<sup>th</sup> Nov</b>	<b>10<sup>th</sup> Dec</b>
<b>Week 3</b>	<b>17<sup>th</sup> Sept</b>	<b>8<sup>th</sup> Oct</b>	<b>5<sup>th</sup> Nov</b>	<b>26<sup>th</sup> Nov</b>	<b>17<sup>th</sup> Dec</b>

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

<b>WEEK 1</b>	<b>Monday Week 1</b>	<b>Tuesday Week 1</b>	<b>Wednesday Week 1</b>	<b>Thursday Week 1</b>	<b>Friday Week 1</b>
Main Option 1	Traditional Lamb Kofta, Flatbread and Salad	Fresh Southern Cajun Chicken in a Bun	Roast Turkey with Sage & Onion Stuffing	Beef Lasagne	Deep Fried Fish
Main Option 2	Creamy Herb Crumbed Macaroni Cheese (V)	Freshly made Rainbow Vegetable Frittata (V)	Authentic Chinese Style Vegetable Stir Fry (V)	Fresh Oven Baked Cheese & Tomato Flan (V)	Traditionally made Mexican Vegetable Burritos (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 Peas & Mixed Veg Mixed Salad	Roasted New Potatoes Broccoli Baked Beans Mixed Salad	Roast Potatoes Carrots Sweetcorn Mixed Salad	Herby Potatoes Green Beans Garlic Bread Mixed Salad	Chips Baked Beans Mixed Salad
Dessert Option A	Iced Carrot and Orange Slice	Coconut Jam Sponge with Custard	Chocolate & Pear Crumble with Custard	Fruity Rice Crispie Slice	Chocolate Sponge with Chocolate Sauce
Option B	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Option C	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt
<b>WEEK 2</b>	<b>Monday Week 2</b>	<b>Tuesday Week 2</b>	<b>Wednesday Week 2</b>	<b>Thursday Week 2</b>	<b>Friday Week 2</b>
Main Option 1	Traditional Farm House Grill	BBQ Turkey Meatballs with Noodles	Roast chicken Yorkshire Pudding	Fresh Oven Baked Chicken & Sweetcorn Pie	Fish Fingers
Main Option 2	Bindi Chick Pea & Lentil Dahl (V) with 50/50 Rice	Vegetable Hot Dogs (V) with Onions served on a finger roll	Freshly made Braised Winter Vegetable Hot Pot (V)	Italian Tomato & Wholemeal Pasta Bake (V)	Freshly Made Homemade Assorted Paninis
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:-	Herby Potatoes Grilled Tomatoes Peas Baked Beans Mixed Salad	Potato Wedges Sweetcorn Green Beans Mixed Salad	Roast Potatoes Green Beans Carrot & Swede	New Potatoes Broccoli Carrots Mixed Salad	Chips Baked Beans Mixed Salad
Dessert Option A	Chocolate Muffin	Syrup Sponge with Custard	Oaty Fruit Crunch	Marble Cake with Custard	Crunchie Biscuit and Apple Slice
Option B	Fresh Fruit	Fresh fruit	Fresh Fruit	Fresh fruit	Fresh fruit
Option C	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt
<b>WEEK 3</b>	<b>Monday Week 3</b>	<b>Tuesday Week 3</b>	<b>Wednesday Week 3</b>	<b>Thursday Week 3</b>	<b>Friday Week 3</b>
Main Option 1	Freshly Made Hot Pulled Chicken Sandwiches	Oven Baked Salmon & Lemon Crunch Fishcakes	Roast Beef & Yorkshire Pudding	Smothered Chicken With Tangy BBQ Sauce	Deep Fried Fish
Main Option 2	Vegetable & Chickpea Curry served with Mixed Rice	Fresh Oven Baked Red Onion & Cheddar Quiche	Traditional Mediterranean Lasagne	Fresh Spicy Mexican Style Vegetable Quesadillas	Vegetable Chili Con Carnie served with Braised Rice
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:-	Peas & Sweetcorn Jacket Wedges Mixed Salad	Oven Roast Potatoes Baked Beans Green Beans Mixed Salad	Roast Potatoes Carrots Broccoli	Sweetcorn Green Beans Potato Wedges Mixed Salad	Chips Mushy Peas Baked Beans Mixed Salad
Dessert Option A	Ginger & Mandarin Sponge with Custard	Apple Sponge with Custard	Rice Pudding with Chocolate Sprinkle	Lemon Drizzle Cake	Sticky Toffee Pudding with Custard
Option B	Fresh Fruit	Fresh fruit	Fresh Fruit	Fresh fruit	Fresh fruit
Option C	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt