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

**Week 1 20th Nov 11th Dec 8th Jan 29th Jan**

**Week 2 27th Nov 18th Dec 15th Jan 5th Feb**

**Week 3**  **4th Dec 1st Jan 22nd Jan**

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

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| **WEEK 1** | **Monday****Week 1** | **Tuesday** **Week 1** | **Wednesday****Week 1** | **Thursday****Week 1** | **Friday** **Week 1** |
| MainOption 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 |
| VeggieOption 1 | 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) |
| **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 | Yogurt | Yogurt | Yogurt | Yogurt | Yogurt |
| **WEEK 2** | **Monday****Week 2** | **Tuesday** **Week 2** | **Wednesday****Week 2** | **Thursday****Week 2** | **Friday** **Week 2** |
| Main Option 1 | Traditional Farm House Grill  | BBQ Turkey Meatballs with Noodles | Roast chickenYorkshire Pudding  | Fresh Oven Baked Chicken & Sweetcorn Pie | Fish Fingers  |
| Veggie 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 |
| **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** |
| DessertOption A | Chocolate Muffin | Syrup Sponge with Custard | Oaty Fruit Crunch | Marble Cake with Custard | Chrunchie Biscuit and Apple Slice |
| 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** |
| MainOption 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 |
| VeggieOption 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 |
| **ALL Main & Veggie served with choice of:-** | Peas & SweetcornJacket WedgesMixed Salad | Oven Roast PotatoesBaked BeansGreen BeansMixed Salad | Roast PotatoesCarrotsBroccoli | SweetcornGreen BeansPotato WedgesMixed Salad | ChipsMushy PeasBaked BeansMixed Salad |
| DessertOption 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 |