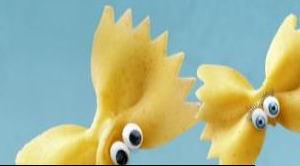








# Weston Juniors Menu Autumn 2021



# 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>		<b>Jacket Potato with Salmon Mayonnaise ***</b>			
<b>Salads</b>	<b>A Selection of Fresh Salads</b> Including Lettuce, Cucumber, Tomato, Grated Carrot, Sweetcorn and Potato Salad				
<b>Jacket Potato</b>	<b>Jacket Potato With A Choice Of Fillings</b> 				
<b>Additional</b>	<b>Tomato Pasta ** (V) or Sandwiches, Baguettes And Wraps With A Choice Of Fillings</b>				
<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*	Berry & Peach Oaty Crumble* with Cus 	Chocolate 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 ** (V)</b>  Penne pasta in a yummy tomato and Quorn sauce 	<b>Sausage and Mash</b>	<b>Roast Chicken with Roast Potatoes and Gravy</b>  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 ** with Dough Balls (V)</b>  Cheesy Tomato Topped Pizza Slice	<b>Allegra's Oodles of Noodles (V)</b>  Veggie Noodles 	<b>Creamy Vegetable Pie with Roast Potatoes and Gravy (V)</b>  Creamy vegetable pie with a cheesy shortcrust topper	<b>Mild Chickpea and Potato Curry (V) **</b>  Served with Wholemeal Rice 	<b>Tomato Veggie Burger with Chips (V)</b>  A delicious homemade veggie burger 
<b>Salads</b>	<b>A Selection of Fresh Salads</b> Including Lettuce, Cucumber, Tomato, Grated Carrot, Sweetcorn and Pasta Salad 				
<b>Jacket Potato</b>	<b>Jacket Potato With A Choice Of Fillings</b>				
<b>Additional</b>	<b>Tomato Pasta ** (V) or Sandwiches, Baguettes And Wraps With A Choice Of Fillings</b>				
<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* & Custard	Raspberry yoghurt cake	Fruity Chocolate Brownie	Vanilla Ice-Cream with Fruit Slices
Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily *Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian					



# Lunch Menu

## Week 3 - Mains



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b>	<b>Cheese and 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 Chilli</b>   A soft taco shell filled with a yummy tomato veggie tomato chilli
<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 A Choice Of Fillings</b>				
<b>Additional</b>	<b>Tomato Pasta ** (V) or Sandwiches With A Choice Of Fillings</b>				
<b>Vegetables</b>	Peas Carrots	Sweetcorn Broccoli	Carrots Cabbage	Fresh Broccoli Sweetcorn	Baked Beans Peas and Carrots
<b>Desserts</b>	<b>Oatie Biscuit* with Fruit Slices</b> 	<b>Pineapple and Peach Crumble with Custard*</b>	<b>Strawberry Ice Cream with Fruit Slices</b>	<b>Chocolate Sponge Cake</b>	<b>Crispy Snow Bar with Fruit Slices*</b>
Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily *Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian					

