

Week 1

School name: **Ashbrow Junior School**

Monday

Oven Baked Fish Fingers in Golden Crumb served with Parsley Sauce & Lemon Wedges, Chunky Chips & Garden Peas

Baked Eve's Pudding served with Creamy Custard
Seasonal Fresh Fruit

Tuesday

Homemade Meat & Potato Pie with Wholemeal Crust served with Parsley New Potatoes & Fresh Broccoli

OR

Savoury Cheese Pinwheels served with Parsley New Potatoes & Fresh Broccoli

Creamy Rice Pudding served with Fruit
Seasonal Fresh Fruit

Wednesday

Free Range Roast Chicken served with Sage & Onion Seasoning, Oven Roast & Creamed Potatoes with Seasonal Vegetables

OR

Salmon Roulade with Lemon & Parsley Mayonnaise served with Oven Roast & Creamed Potatoes & Seasonal Vegetables

****Sugar Smart****
Seasonal Fresh Fruit
A Selection of Yoghurts
Cheese & Biscuits
Cocoa Swirls

Thursday

Vegetable Tikka Curry served with Wholegrain Rice, Naan Bread & Golden Sweetcorn

Steamed Syrup Sponge served with Creamy Custard
Seasonal Fresh Fruit

Friday

Locally Made Sausages or Quorn Sausages served with Yorkshire Pudding & Gravy served with Creamed Potatoes & Seasonal Vegetables

Chocolate Fudge Pudding served with Chocolate Sauce made with Fair Trade Cocoa
Seasonal Fresh Fruit

Week 2

AVAILABLE DAILY: freshly prepared salad bar, assorted breads, fresh drinking water.

Monday

Oven Baked Breaded Fish served with Parsley Sauce & Lemon Wedges, Chunky Oven Chips & Mushy Peas

Seasonal Fruit Crumble served with Creamy Custard
Seasonal Fresh Fruit

Tuesday

Traditional Organic Meat Pie served with Wholemeal Crust, Crispy Potato Slices & Roasted Vegetables

OR

Homemade Salmon Fishcake served with Lemon Mayonnaise, Crispy Potato Slices & Roasted Vegetables

Homemade Carrot Cake made with Organic Carrots
A Selection of Yoghurts
Seasonal Fresh Fruit

Wednesday

Freedom Food Pork Loin served with Traditional Accompaniments, Oven Roast & Creamed Potatoes & Seasonal Vegetables

OR

Cheese, Potato & Vegetable Hot Pot served with Oven Roast & Creamed Potatoes with Seasonal Vegetables

****Sugar Smart****
Seasonal Fresh Fruit
A Selection of Yoghurts
Cheese & Biscuits
Date Loaf

Thursday

Sweet & Sour Chicken served with Noodles & Golden Sweetcorn

OR

Sweet & Sour Quorn, Vegetables served with Golden Sweetcorn

Jam Roly Poly & Organic Custard
Seasonal Fresh Fruit

Friday

A Selection of Freshly Baked Pizzas served with Homemade Mega Wedges & Baked Beans

OR

Tuna Pasta Bake served with Homemade Mega Wedges & Baked Beans

Steamed Ginger Sponge served with Vanilla Sauce
Seasonal Fresh Fruit