







RUSKIN JUNIOR SCHOOL MENU



Week 1 	03/09 – 1/10 – 26/11 – 21/01 – 18/03				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choice 1 (Meat) 	Pasta Bolognese (2)	Cod Fish Fingers (2/5)	Roast Turkey	Chicken Korma (7)	Hot Dog in a Roll (2)
Choice 2 (Jacket) 	Jacket Potato with Baked Beans	Jacket Potato with Tuna (4/5/9)	Jacket Potato With Cheese (7)	Jacket Potato with Baked Beans	Jacket Potato with Tuna (4/5/9)
Choice 3 (Veggie) 	Quorn Pasta Bolognese (2/4)	Vegetarian fingers (2/7)	Quorn Fillet (4)	Vegetable Korma (7)	Quorn Frankfurter in a Roll (2/4)
	Crusty Bread (2) Baby Carrots & peas	Mac & Cheese Green Salad	Roast Potatoes Cabbage & Carrots Gravy (14)	Steamed Rice Naan Bread (2/7/13) Peas & Sweetcorn	Fries Baked Beans
	Apple Crumble & Custard (2/7) Selection of Fresh Fruit	Fruity Flapjack (2) Selection of Fresh Fruit	Strawberry Mousse (7) Selection of Fresh Fruit	Iced Sponge (2/4/7) Selection of Fresh Fruit	Assorted Ice Cream Tub (7) Selection of Fresh Fruit
A PORTION OF BREAD IS AVAILABLE DAILY					

PAYMENT VIA PARENT PAY

Dinners cost: £2.10 per day

Numbers indicate allergens that are listed on the back of this menu






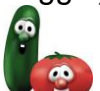


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Week 2 	10/09 – 8/10 – 5/11 – 3/12 – 28/01 – 25/02 – 25/03				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choice 1 (Meat) 	Pork Sausage	Chicken Goujons (2)	Roast Pork & Apple Sauce	Cheesy Tomato Pasta Bake (2/7)	Beef Burger in a sesame bap (2/12/13/14)
Choice 2 (Jacket) 	Jacket Potato with Baked Beans	Jacket Potato with Tuna (4/5/9)	Jacket Potato with Cheese (7)	Jacket Potato with Baked Beans	Jacket Potato with Tuna (4/5/9)
Choice 3 (Veggie) 	Vegetarian Glamorgan Sausage	Quorn Dippers (2/4/7)	Quorn Fillet (4)	Cheesy Tomato Pasta Bake (2/7)	Vegetable Quarter Pounder in a sesame bap (2/12)
	Mash Potato (7) Peas Yorkshire Pudding (2/4/7/9)	Sliced Potato Baked Beans	Roast Potatoes Broccoli & Carrots Gravy (14)	Garlic Bread (7) Colourful Salad	Fries Onion Rings
	Strawberry Jam Sponge (2/4/7) Selection of Fresh Fruit	Choc Chip Muffin (2/4/7/13) Selection of Fresh Fruit	Fruit Jelly Selection of Fresh Fruit	Chocolate Chip Cookie (2/4/7) Selection of Fresh Fruit	Assorted Ice Cream Tub (7) Selection of Fresh Fruit
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Week 3 	17/09 – 15/10 – 12/11 – 10/12 – 07/01 – 04/02 – 04/03 – 01/04				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choice 1 (Meat) 	Pepperoni Pizza (2/7)	Cottage Pie (7)	Roast Chicken and stuffing ball (2)	Turkey Meatballs in a BBQ Sauce	Fish in Batter (2/5)
Choice 2 (Jacket) 	Jacket Potato with Baked Beans	Jacket Potato with Tuna (4/5/9)	Jacket Potato with Cheese (7)	Jacket Potato with Baked Beans	Jacket Potato with Tuna (4/5/9)
Choice 3 (Veggie) 	Cheese Pizza (2/7)	Quorn Mince Cottage Pie (4/7)	Quorn Fillet with stuffing balls (4/2)	Vegetarian balls in a BBQ Sauce (2)	Vegetable Spring Rolls (1/2/13)
	Herby diced potato Mixed Salad	Mixed Vegetables Gravy (14)	Roast Potatoes Cabbage & Carrots Gravy (14)	Golden Vegetable Rice Garlic Bread (2)	Chunky Chips Baked Beans
	Blueberry Muffin (2/4/7) Selection of Fresh Fruit	Chocolate and Cherry Cornflake Crackle Selection of Fresh Fruit	Jam Doughnut (2/4/7) Selection of Fresh Fruit	Ginger Cake (2/4/7) Selection of Fresh Fruit	Assorted Ice Cream Tub (7) Selection of Fresh Fruit
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Week 4 	24/09 – 22/10 – 19/11 – 17/12 – 14/01 – 11/02 – 11/03				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choice 1 (Meat) 	Brunch lunch-sausage, bacon, scrambled eggs, hash browns	Taco Tuesday-mild chilli	Roast Gammon with Roast Potatoes	Beef Lasagne (2/7)	Chicken Burger in a bap (2)
Choice 2 (Jacket) 	Jacket Potato With Baked Beans	Jacket Potato with Tuna (4/5/9)	Jacket Potato with Cheese (7)	Jacket Potato with Baked Beans	Jacket Potato with Tuna (4/5/9)
Choice 3 (Veggie) 	Vegetarian brunch lunch-vegetarian sausage, scrambled eggs, has browns	Taco Tuesday-Quorn mince mild chilli (4)	Quorn Fillet with Roast Potatoes (4)	Vegetable Lasagne (2/7)	Vegetarian Quarter Pounder (2/12)
	Baked Beans	Rice Taco Shells Dips & Green Salad	Yorkshire Pudding (2,4,7) Gravy (14) Broccoli & Carrots	Garlic Bread (2) Peas & Sweetcorn	Fries Spaghetti Hoops (2)
	Oaty Biscuit (2) Selection of Fresh Fruit	Mandarin Sponge with Chocolate Custard (2/4/7) Selection of Fresh Fruit	Lemon Cheesecake (2/7) Selection of Fresh Fruit	Cherry Shortcake (2) Selection of Fresh Fruit	Choc Ice Cream (7) Selection of Fresh Fruit
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