

AKELEY WOOD JUNIOR SCHOOL LUNCH MENU

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP & BREAD	Homemade Soup Wholemeal or 50/50 Bread	Homemade Soup Wholemeal or 50/50 Bread	Homemade Soup Wholemeal or 50/50 Bread	Homemade Soup Wholemeal or 50/50 Bread	Homemade Soup Wholemeal or 50/50 Bread
CLASSIC	Chicken Balti Curry & Naan Bread	Penne Pasta with Cheese & Ham Sauce	Roast Gammon	Spaghetti Bolognese & Garlic Bread	Oven Baked Fish Fingers
VEGETARIAN	Vegetable Curry	Tomato & Basil Sauce	Cheese & Onion Quiche	Quorn Bolognese	Spinach & Feta Goujons
JACKET POTATO	Grated Cheddar Cheese	Crunchy Coleslaw	Tuna Mayo	Cottage Cheese	Baked Beans
VEGETABLES	Steamed Rice Fresh Sliced Carrots Broccoli	Sweet corn Green Beans	Roasted Potatoes Carrots Roasted Parsnips	Spaghetti Corn on the Cob Broccoli	Peas Chipped Potatoes
ALWAYS AVAILABLE	Vegetable Crudités Fresh Fruit Selection Homemade Bio Yogurt	Vegetable Crudités Fresh Fruit Selection Homemade Bio Yoghurt	Vegetable Crudités Fresh Fruit Selection Homemade Bio Yoghurt	Vegetable Crudités Fresh Fruit Selection Homemade Bio Yoghurt	Vegetable Crudités Fresh Fruit Selection Homemade Bio Yoghurt
SWEET	Crispy Cake	Treacle Sponge & Custard	Cherry Shortbread	Oaty Apple Cake	Fruit Jelly

FRESHLY PREPARED DAILY SALAD BAR

AKELEY WOOD JUNIOR SCHOOL LUNCH MENU

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP & BREAD	Homemade Soup Wholemeal or 50/50 Bread	Homemade Soup Wholemeal or 50/50 Bread	Homemade Soup Wholemeal or 50/50 Bread	Homemade Soup Wholemeal or 50/50 Bread	Homemade Soup Wholemeal or 50/50 Bread
CLASSIC	Chilli con Carne	Pasta Day with Cheese & Ham Sauce	Turkey Burgers	Chicken & Leek Pie	Oven Baked Fish Cake
VEGETARIAN	Mushroom Stroganoff	Tomato & Basil Sauce	Cauliflower Cheese	Quorn & Leek Pie	Cheese & Onion Quiche
JACKET POTATO	Cheese	Cottage Cheese & Chives	Tuna Light Lemon Mayo	Crunchy Coleslaw	Baked Beans
VEGETABLES	Steamed Rice Green Beans Sliced Leeks	Sweetcorn Sliced Courgettes	New Potatoes Fresh Broccoli Sliced Carrots	Mashed Potato Steamed Carrots Swede	Chipped Potatoes Baked Beans Garden Peas
ALWAYS AVAILABLE	Vegetable Crudités Fresh Fruit Selection Homemade Bio Yoghurt	Vegetable Crudités Fresh Fruit Selection Homemade Bio Yoghurt	Vegetable Crudités Fresh Fruit Selection Homemade Bio Yoghurt	Vegetable Crudités Fresh Fruit Selection Homemade Bio Yoghurt	Vegetable Crudités Fresh Fruit Selection Homemade Bio Yoghurt
SWEET	Brownie	Cheese Cake	Fruit & Custard	Carrot Cake	Raspberry Ice Cream Sponge

FRESHLY PREPARED DAILY SALAD BAR

AKELEY WOOD JUNIOR SCHOOL LUNCH MENU

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP & BREAD	Homemade Soup Wholemeal or 50/50 Bread	Homemade Soup Wholemeal or 50/50 Bread	Homemade Soup Wholemeal or 50/50 Bread	Homemade Soup Wholemeal or 50/50 Bread	Homemade Soup Wholemeal or 50/50 Bread
CLASSIC	Savoury Mince	Chicken Fajitas	Butchers Sausages & Yorkshire Pudding	Penne Pasta Cheese & Bacon Sauce	Oven Baked Fish Fingers
VEGETARIAN	Vege Mince	Quorn Fajitas	Quorn Sausages	Tomato & Basil Sauce	Vegetable Nuggets,
JACKET POTATO	Tuna	Crunchy Coleslaw	Roasted Vegetables	Grated Cheddar Cheese	Cottage Cheese
VEGETABLES	New Potatoes Broccoli Sliced Carrots	Savoury Rice Green Salad Roasted Courgettes	Mashed Potato Sliced Leeks Gravy	Corn on the Cobs Broccoli	Chipped Potatoes Baked Beans Peas
ALWAYS AVAILABLE	Fresh Fruit selection Homemade Bio Yoghurt	Fresh Fruit Selection Homemade Bio Yoghurt	Fresh Fruit Selection Homemade Bio Yoghurt	Fresh Fruit Selection Homemade Bio Yoghurt	Fresh Fruit Selection Homemade Bio Yoghurt
SWEET	Fruit Crumble & Cream	Iced Sponge	Fruity Flapjack	Sticky Toffee Pudding	Ice Cream

FRESHLY PREPARED DAILY SALAD BAR