



RED HOUSE
JUNIOR SCHOOL

JUNIOR SCHOOL MENU

WEEK COMMENCING 14 OCTOBER

[Course Options]	Monday 14 October	Tuesday 15 October	Wednesday 16 October	Thursday 17 October	Friday 18 October
Main & Side Dishes	Lentil Spaghetti Bolognese, Cheese, Garlic Bread and Sweetcorn	Chicken Fajitas, Tortilla Wrap and Sweetcorn	Roast Chicken, Roast Potatoes, Mixed Veg and Yorkshire Puddings	Sausage, Mash and Peas	Fish Fillet, Chips and Beans
Vegetarian Main & Side Dishes	Lentil Spaghetti Bolognese, Cheese, Garlic Bread and Sweetcorn	Quorn Fajitas, Tortilla Wrap and Sweetcorn	Vegetarian Sausages, Roast Potatoes, Mixed Veg and Yorkshire Puddings	Vegetarian Sausage, Mash and Peas	Vegetable Nuggets Chips and Beans
Pasta with Sauce	Pasta with tomato sauce	Pasta with tomato sauce	Pasta with tomato sauce	Pasta with tomato sauce	Pasta with tomato sauce
Jacket Potato & Filling Options	Tuna, Cheese or Beans	Tuna, Cheese or Beans	Tuna, Cheese or Beans	Tuna, Cheese or Beans	Tuna, Cheese or Beans
Daily Salad	Daily Salad	Daily Salad	Daily Salad	Daily Salad	Daily Salad
Dessert	Iced Doughnut Fruit	Apple Pie Fruit	Jelly Fruit	Cornflake Tart Fruit	Choc Ice Fruit