



RED HOUSE JUNIOR SCHOOL

JUNIOR SCHOOL MENU

WEEK COMMENCING 16 SEPTEMBER

| [Course Options] | Monday 16 September | Tuesday 17 September | Wednesday 18 September | Thursday 19 September | Friday 20 September |
|--|---------------------------|---|---|---|-------------------------------|
| Main & Side Dishes | Mac & Cheese with Peas | Chicken Stew and Dumplings, Roast Potatoes and Peas | Roast Turkey, Potatoes, Vegetables and Yorkshire Pudding | Chicken in Pitta Bread, Potato Wedges, Fried Peppers and Onions | Fish Fingers, Chips and Beans |
| Vegetarian Main & Side Dishes | Mac & Cheese with Peas | Quorn Stew with Dumplings, Roast Potatoes and Garden Peas | Vegetarian Sausages, Potatoes, Vegetables and Yorkshire Pudding | Cheese and Vegetables in Pitta Bread, Potato Wedges | Fish Fingers, 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 | Coconut Sponge Fruit | Iced Vanilla Cake Fruit | Jelly Fruit | Mars Bar Cake Fruit | Cookie Fruit |