

ELIZABETH COLLEGE JUNIOR SCHOOL



Menu 1	Monday	Tuesday	Wednesday	Thursday	Friday
Homemade Soup & Fruit Juices	Homemade Soup	Fruit Juice	Homemade soup	Fruit Juice	Homemade Soup
Main Course <i>Choice 1</i>	Jacket Potato with choice of Cheese, Beans or Tuna Mayonnaise served with Sweetcorn	Beef Lasagne & Green Beans	Roast Beef with Carrots, Roast Potatoes Gravy & Yorkshire Pudding	Penne Pasta with Cheese or Tomato Sauce & Peas	Pepperoni or Margarita Pizza served with Green Beans
Main Course <i>Choice 2</i>	Vegetable Stir Fry with Noodles	Grilled White Fish with New Potatoes and Green Beans	Tuna & Sweetcorn Pasta	Pancake, Sausage, Bacon, Scrambled egg, & Baked Beans	Asian Beef & Noodles
Fresh Fruit & Salad Bar	A selection of Fresh Fruits, Vegetables & Salad Greens	A selection of Fresh Fruits, Vegetables & Salad Greens	A selection of Fresh Fruits, Vegetables & Salad Greens	A selection of Fresh Fruits, Vegetables & Salad Greens	A selection of Fresh Fruits, Vegetables & Salad Greens
Puddings & Yoghurts	Vanilla Ice Cream Homemade Fruit Yoghurt	Raspberry Jelly Homemade Fruit Yoghurt	Fridge Cake Homemade Fruit Yoghurt	Apple Pie Homemade Fruit Yoghurt	Sticky Toffee Pudding Homemade Fruit Yoghurt

Potatoes & Vegetables are offered with all main course selections when available

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Menu 2	Monday	Tuesday	Wednesday	Thursday	Friday
Homemade Soup, & Fruit Juices	Homemade Soup	Fruit Juice	Homemade Soup	Fruit Juice	Homemade Soup
Main Course <i>Choice 1</i>	Spaghetti Bolognaise with Green Beans	Honey Glazed Ham, New Potatoes & Peas	Roast Chicken, Carrots, Roast Potatoes & Gravy	Sausage Meat Plait, New Potatoes & Peas	Guernsey Beef Burger, Chips & Peas
Main Course <i>Choice 2</i>	Chicken & Bacon Risotto	Salmon Fishcake, New Potatoes & Peas	Ham & Leek Pancakes	Pasta Spirals, Tomato Sauce & Grated Cheese	Sweet & Sour Chicken with Special Fried Rice
Fresh Fruit & Salad Bar	A selection of Fresh Fruits, Vegetables & Salad Greens	A selection of Fresh Fruits, Vegetables & Salad Greens	A selection of Fresh Fruits, Vegetables & Salad Greens	A selection of Fresh Fruits, Vegetables & Salad Greens	A selection of Fresh Fruits, Vegetables & Salad Greens
Puddings & Fruit	Strawberry Ice Cream Homemade Fruit Yoghurt	Rice Crispy Cake Homemade Fruit Yoghurt	Swiss Roll Homemade Fruit Yoghurt	Strawberry Jelly Homemade Fruit Yoghurt	Chocolate Mousse Homemade Fruit yoghurt

Potatoes & Vegetables are offered with all main course selections when available

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Menu 3	Monday	Tuesday	Wednesday	Thursday	Friday
Homemade Soups & Fruit Juices	Homemade Soup	Fruit Juice	Homemade Soup	Fruit Juice	Homemade Soup
Main Course <i>Choice 1</i>	Grilled Ham & Cheese Sandwich with Green Beans	Bacon, Egg & Potato Salad with Sweetcorn	Sausage & Mash with Gravy & Peas	Pasta & Tomato Sauce with Green Beans	Chicken Bites, Chips & Peas
Main Course <i>Choice 2</i>	Grilled Salmon with New Potatoes & Green Beans	Chilli Con Carne with Rice & Sweetcorn	Grilled White Fish, Mashed Potato & Peas	Chicken Caesar Wrap with Green Beans	Homemade Cottage Pie & Peas
Fresh Fruit & Salad Bar	A selection of Fresh Fruits, Vegetables & Salad Greens	A selection of Fresh Fruits, Vegetables & Salad Greens	A selection of Fresh Fruits, Vegetables & Salad Greens	A selection of Fresh Fruits, Vegetables & Salad Greens	A selection of Fresh Fruits, Vegetables & Salad Greens
Puddings & Yoghurts	Chocolate Ice cream Homemade Fruit Yoghurt	Blueberry Muffin Homemade Fruit Yoghurt	Short Bread Homemade Fruit Yoghurt	Fruit Crumble Homemade Fruit Yoghurt	Lemon Drizzle Cake Homemade Fruit Yoghurt

Potatoes & Vegetables are offered with all main course selections when available