

# ELIZABETH COLLEGE JUNIOR SCHOOL



Menu 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Homemade Soup &amp; Fruit Juices</b>	Fruit Juice	Homemade Soup	Fruit Juice	Homemade soup	Fruit Juice
<b>Main Course</b> <i>Choice 1</i>	Pasta with Grilled Chicken, Marinara Sauce & Garlic Bread	Vegetable Korma with Rice	Roast Beef with Yorkshire Pudding, Roast Potatoes & Gravy	Lamb & Veggie Pie with New Potatoes	BBQ chicken or Margarita Pizza
<b>Main Course</b> <i>Choice 2</i>	Pasta with Roasted Vegetables & Lentils	Chilli Con Carne with Rice	Chicken Caesar Wrap & Roast Potatoes	Grilled Salmon with Lemon, Dill & Sweet Potato Wedges	Beef & Sweet Pepper Fajita with Black Beans & Rice
<b>Vegetable</b>	Garden Peas	Green Beans	Roasted Carrots	Steamed Broccoli	Sweet Corn
<b>Daily Special</b>	Daily Special	Daily Special	Daily Special	Daily Special	Daily Special
<b>Fresh Fruit &amp; Salad Bar</b>	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
<b>Puddings &amp; Yoghurts</b>	Vanilla Ice Cream Homemade Fruit Yoghurt	Raspberry Jelly Homemade Fruit Yoghurt	Sticky Toffee Pudding Homemade Fruit Yoghurt	Fridge Cake Homemade Fruit Yoghurt	Carrot Cake Homemade Fruit Yoghurt

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Menu 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Homemade Soup, &amp; Fruit Juices</b>	Fruit Juice	Homemade Soup	Fruit Juice	Homemade soup	Fruit Juice
<b>Main Course</b> <i>Choice 1</i>	Spaghetti Bolognaise with Garlic Bread	Homemade Fish Pie	Lemon & Herb Roasted Chicken with New Potatoes	BBQ Pulled Pork Sandwich & Sweet Potato Wedges	Buttermilk Pancake, Sausage, Bacon, Egg & Baked Beans
<b>Main Course</b> <i>Choice 2</i>	Pumpkin & Herb Risotto with Garlic Bread	Vegetable & Tofu Stir-Fry with Egg Noodles	Homemade Salmon Fishcakes with New Potatoes	Tuna & Sweetcorn Pasta Bake	Mediterranean Vegetable Cous Cous
<b>Vegetable</b>	Sweetcorn	Garden Peas	Steamed Broccoli	Green Beans	Roasted Courgette
<b>Fresh Fruit &amp; Salad Bar</b>	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
<b>Puddings &amp; Fruit</b>	Banana Bread Homemade Fruit Yoghurt	Rice Crispy Cake Homemade Fruit Yoghurt	Chocolate & Vanilla Marble Cake Homemade Fruit Yoghurt	Strawberry Jelly Homemade Fruit Yoghurt	Chocolate Mousse Homemade Fruit yoghurt

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Menu 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Homemade Soups &amp; Fruit Juices</b>	Fruit Juice	Homemade Soup	Fruit Juice	Homemade soup	Fruit Juice
<b>Main Course</b> <i>Choice 1</i>	Jacket Potato with choice of Cheese, Beans & Tuna Mayo	Honey Roasted Pork loin with Herbed New Potatoes	Lamb & Vegetable Tikka Masala & Pilau Rice	Homemade Beef Lasagne & Garlic Bread	Guernsey Beef Burger & Chips
<b>Main Course</b> <i>Choice 2</i>	Pasta with Grilled Chicken & Basil Pesto	Cauliflower Cheese with Herbed new Potatoes	Baked Cod with Lemon & Pilau rice	Sweet & Sour Chicken with Special Fried Rice	Chicken & Thyme Risotto
<b>Vegetable</b>	Sweetcorn	Roasted Courgette	Steamed Broccoli	Green beans	Garden Peas
<b>Daily Special</b>	Daily Special	Daily Special	Daily Special	Daily Special	Daily Special
<b>Fresh Fruit &amp; Salad Bar</b>	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
<b>Homemade Puddings &amp; Yoghurts</b>	Chocolate Ice cream Homemade Fruit Yoghurt	Apple & Cinnamon Scone Homemade Fruit Yoghurt	Shortbread Homemade Fruit Yoghurt	Lemon Drizzle Cake Homemade Fruit Yoghurt	Homemade Cheesecake Homemade Fruit Yoghurt