

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>	Pasta Bolognese with Garlic Bread	Homemade Breaded Chicken Goujons with New Potatoes	Roast Beef with Yorkshire Pudding, Roast Potatoes and Gravy	Pasta with a choice of Tomato Sauce or Cheese Sauce	Buttermilk Pancake, Eggs, Bacon, Sausages & Baked Beans
Main Course <i>Choice 2</i>	Veggie Burger with Salad and Bun	Grilled Salmon with New Potatoes	Chicken & Thyme Risotto	Vegetarian Frittata	Asian Style Beef with Noodles
Vegetable	Green beans	Steamed Broccoli	Roasted Carrots	Garden Peas	Steamed Broccoli
Daily Special	Daily Special	Daily Special	Daily Special	Daily Special	Daily Special
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	Rice Krispy Cake Homemade Fruit Yoghurt	Banana Bread Homemade Fruit Yoghurt	Chocolate & Vanilla Marble Cake Homemade Fruit Yoghurt	Strawberry Jelly Homemade Fruit Yoghurt	Fruit Crumble Homemade Fruit Yoghurt

Homemade Bread served daily
Gluten Free & dairy free options will be available daily

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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>	Pasta with Chicken, Tomato Sauce & Garlic Bread	Baked Breaded Cod with Tartar Sauce & Rice	Lemon & Herb Chicken with New Potatoes & Gravy	Sausage & Mash with Gravy	Margarita or Pepperoni Pizza
Main Course <i>Choice 2</i>	Cheese and Onion Plat with New Potatoes	Sweet Potato Korma with Rice & Naan Bread	Veggie Stir-Fry with Tofu Noodles	Chilli Con Carne with Rice	Pumpkin & Herb Risotto with Garlic Bread
Vegetable	Garden Peas	Green Beans	Steamed Broccoli	Sweetcorn	Garden Peas
Daily Special	Daily Special	Daily Special	Daily Special	Daily Special	Daily Special
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	Vanilla Ice Cream Homemade Fruit Yoghurt	Sticky Toffee Pudding Homemade Fruit Yoghurt	Raspberry Jelly Homemade Fruit Yoghurt	Fridge Cake Homemade Fruit Yoghurt	Chocolate Mousse Homemade Fruit yoghurt

***Homemade Bread served daily
Gluten Free & dairy free options will be available daily***

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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>	Jacket Potato with Cheese, Baked Beans or Tuna Mayo	Honey Roasted Pork Loin with New Potatoes	Roasted Turkey with Potato Wedges & Gravy	Pasta with Choice of Tomato Sauce or Basil Pesto	Guernsey Beef Burger & Chips
Main Course <i>Choice 2</i>	Chicken Korma with Rice & Naan Bread	Tuna & Sweetcorn Pasta Bake	Tomato & Onion Quiche with Potato Wedges	Roasted Cod with Lemon Rice	Homemade Fishcakes with Chips & Lemon Mayo
Vegetables	Garden Peas	Green Beans	Steamed Broccoli	Garden Peas	Sweetcorn
Daily Special	Daily Special	Daily Special	Daily Special	Daily Special	Daily Special
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	Chocolate Ice Cream Homemade Fruit Yoghurt	Apple & Cinnamon Scone Homemade Fruit Yoghurt	Shortbread Homemade Fruit Yoghurt	Lemon Drizzle Cake Homemade Fruit Yoghurt	Pineapple Upside-down Cake Homemade Fruit Yoghurt

Homemade Bread served daily
Gluten Free & dairy free options will be available daily