

# ELIZABETH COLLEGE JUNIOR SCHOOL



Menu 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Homemade Soup, and Fruit Juices</b>	Homemade Soup	Fruit Juice	Homemade Soup	Fruit Juice	Homemade Soup
<b>Main Course</b> <i>Choice 1</i>	Pasta Bolognaise and Garlic Bread	Sweet & Sour Chicken with Rice	Roast Gammon with Pineapple & Roasted New Potatoes	Baked Cod with Lemon & Herb Rice	'Forest Stores' Beef Burger & Chips
<b>Main Course</b> <i>Choice 2</i>	Vegetarian Pasta Bolognaise with Garlic Bread	Tempura Fried Tofu with Vegetables and Rice	Sweetcorn Fritters with Roast Potatoes	Quorn Nuggets with Lemon and Herb Rice	Veggie Burger and Chips
<b>Vegetable</b>	Garden Peas	Steamed Broccoli	Garden Peas	Steamed Broccoli	Baked Beans
<b>Jacket Potato</b>	Jacket Potato with Choice of Baked Beans and Cheese	Jacket Potato with Choice of Baked Beans and Cheese	Jacket Potato with Choice of Baked Beans and Cheese	Jacket Potato with Choice of Baked Beans and Cheese	Jacket Potato with Choice of Baked Beans and Cheese
<b>Fresh Fruit and Salad Bar</b>	A selection of Fresh Fruits, Vegetables and Salad Greens	A selection of Fresh Fruits, Vegetables and Salad Greens	A selection of Fresh Fruits, Vegetables and Salad Greens	A selection of Fresh Fruits, Vegetables and Salad Greens	A selection of Fresh Fruits, Vegetables and Salad Greens
<b>Puddings and Fruit</b>	Homemade Fruit Yoghurt Ice cream	Homemade Fruit Yoghurt Marble Cake	Homemade Fruit Yoghurt Strawberry Jelly	Homemade Fruit Yoghurt Rice Krispy Square	Homemade Fruit Yoghurt Chocolate Mousse

\*Fresh Fish Subject to Availability

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

# ELIZABETH COLLEGE JUNIOR SCHOOL



Menu 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Homemade Soup, and Fruit Juices</b>	Homemade Soup	Fruit Juice	Homemade Soup	Fruit Juice	Homemade Soup
<b>Main Course</b> <i>Choice 1</i>	Grilled Salmon with Buttered new Potatoes	Chilli Con Carne with Rice	Chicken Kiev with New Potatoes	Roast Pork, Roast Potatoes, Apple Sauce & Gravy	Pepperoni Pizza & Chips
<b>Main Course</b> <i>Choice 2</i>	Penne Pasta with Tomato Sauce or Cheese Sauce	Vegetarian Chilli with Rice	Caramelized Onion and Cheddar Quiche	Penne Pasta with Tomato and Basil Sauce	Margherita Pizza & Chips
<b>Vegetable</b>	Garden Peas	Sweetcorn	Steamed Broccoli	Roast Carrots	Garden Peas
<b>Jacket Potato</b>	Jacket Potato with Choice of Baked Beans, Tuna Mayo & Cheese	Jacket Potato with Choice of Baked Beans, Tuna Mayo & Cheese	Jacket Potato with Choice of Baked Beans, Tuna Mayo & Cheese	Jacket Potato with Choice of Baked Beans, Tuna Mayo & Cheese	Jacket Potato with Choice of Baked Beans, Tuna Mayo & Cheese
<b>Fresh Fruit and Salad Bar</b>	A selection of Fresh Fruits, Vegetables and Salad Greens	A selection of Fresh Fruits, Vegetables and Salad Greens	A selection of Fresh Fruits, Vegetables and Salad Greens	A selection of Fresh Fruits, Vegetables and Salad Greens	A selection of Fresh Fruits, Vegetables and Salad Greens
<b>Puddings and Fruit</b>	Homemade Fruit Yoghurt Ice cream	Homemade Fruit Yoghurt Shortbread Biscuit	Homemade Fruit Yoghurt Raspberry Jelly	Homemade Fruit Yoghurt Lemon Drizzle Cake	Homemade Fruit Yoghurt Chocolate Chip Cookie

\*Fresh Fish Subject to Availability

***Homemade Bread served daily***  
***Gluten Free and dairv free options will be available daily***