

ELIZABETH COLLEGE JUNIOR SCHOOL



Menu 1	Monday	Tuesday	Wednesday	Thursday	Friday
Homemade Soup	Fruit Juice	Homemade Soup	Fruit Juice	Homemade Soup	Fruit Juice
Main Course <i>Traditional</i>	Pasta Bolognese with Garlic Bread and Garden Peas	Tandoori Chicken with Rice and Naan Bread and Steamed Broccoli	Roast Gammon with Pineapple and Roasted New Potatoes and Garden Peas	Pork and Veggie Fried Rice	'Forest Stores' Beef Burger with Chips and Baked Beans
Main Course <i>Vegetarian</i>	Vegetarian Pasta Bolognese with Garlic Bread and Garden Peas	Leek Cheese and Pancake with Steamed Broccoli	Vegetarian Korma with Rice and Naan Bread	Veggie and Egg Fried Rice	Vegetarian Burger with Chips and Baked Beans
Jacket Potato	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
Fresh Fruit and Salad Bar	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
Puddings and Fruit	Homemade Fruit Yoghurt Ice cream	Fresh Fruit	Homemade Fruit Yoghurt Strawberry Jelly	Fresh Fruit	Homemade Fruit Yoghurt Chocolate Mousse

*Fresh Fish Subject to Availability

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

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Menu 2	Monday	Tuesday	Wednesday	Thursday	Friday
Homemade Soup, and Fruit Juices	Fruit Juice	Homemade Soup	Fruit Juice	Homemade Soup	Fruit Juice
Main Course <i>Traditional</i>	Tuna Pasta Bake with Garlic Bread and Garden Peas	Ham and Cheese Toastie with New Potatoes and Sweetcorn	Roast Chicken with Roast Potatoes, Gravy and Peas	Sausage and Mash with Red Onion Gravy and Steamed Broccoli	Pepperoni Pizza with Chips and Peas
Main Course <i>Vegetarian</i>	Pasta with Tomato Sauce, Garlic Bread and Garden Peas	Cheese Toastie with New Potatoes and Sweetcorn	Caramelized Onion and Cheddar Quiche with Roast Potatoes and Peas	Vegetarian Sausage and Mash with Red Onion Gravy and Steamed Broccoli	Margherita Pizza with Chips and Peas
Jacket Potato	Jacket Potato with Choice of Baked Beans, Tuna Mayo and Cheese	Jacket Potato with Choice of Baked Beans, Tuna Mayo and Cheese	Jacket Potato with Choice of Baked Beans, Tuna Mayo and Cheese	Jacket Potato with Choice of Baked Beans, Tuna Mayo and Cheese	Jacket Potato with Choice of Baked Beans, Tuna Mayo and Cheese
Fresh Fruit and Salad Bar	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
Puddings and Fruit	Homemade Fruit Yoghurt Ice cream	Fresh Fruit	Homemade Fruit Yoghurt Raspberry Jelly	Fresh Fruit	Homemade Fruit Yoghurt Chocolate Chip Cookie

*Fresh Fish Subject to Availability

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

ELIZABETH COLLEGE JUNIOR SCHOOL



Menu 3	Monday	Tuesday	Wednesday	Thursday	Friday
Homemade Soup, and Fruit Juices	Fruit Juice	Homemade Soup	Fruit Juice	Homemade Soup	Fruit Juice
Main Course <i>Traditional</i>	Chilli and Cheese Wrap with Rice and Peas	Teriyaki Chicken with Noodles and Stir Fry Vegetables	Fish and Chips with Tartare Sauce and Peas	Chicken Korma with Rice and Naan Bread	Buttermilk Pancake with Baked Beans, Sausage, Bacon and Hash Brown
Main Course <i>Vegetarian</i>	Penne Pasta with Tomato and Basil Sauce and Peas	Stir Fry Vegetables with Noodles	Vegetarian Nuggets with Chips and Peas	Vegetarian Korma with Rice and Naan Bread	Quesadilla with Guacamole, Sour Cream, Salsa and Sweetcorn
Jacket Potato	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
Fresh Fruit and Salad Bar	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
Puddings and Fruit	Homemade Fruit Yoghurt Ice cream	Fresh Fruit	Homemade Fruit Yoghurt Orange Jelly	Fresh Fruit	Homemade Fruit Yoghurt Rocky Road Rice Krispy Square

*Fresh Fish Subject to Availability

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