

West Jesmond School Lunch Menu

week one

4 September 17 • 25 September 17
16 October 17 • 13 November 17
4 December 17 • 8 January 18
29 January 18 • 26 February 18
19 March 18 • 23 April 18
14 May 18 • 11 June 18
2 July 18

Monday

Fish Goujons
Country Diced Potatoes
Garden Peas

Vegetarian Burger in a Bun
Country Diced Potatoes
Whole Wheat Spaghetti Hoops

Baked Bean Filled Jacket Potato

Raspberry Ripple Mousse

Tuesday

Minced Beef Pie or Quorn Mince Pie
Creamed Potato
Diced Carrot & Turnip

Homemade Tomato Soup
Wholemeal Cheesy Crouton

Ham Salad Baguette

Fresh Fruit Salad • Yoghurt
Fresh Fruit • Cheese and Biscuits

Wednesday

Chicken Jalfrezi or Quorn Jalfrezi
Naan Bread or Steamed Rice

Cheese and Potato Pattie
Baby Jacket Potatoes • Baked Beans

Tuna Mayo Filled Jacket Potato

Chocolate Brownie • Custard

Thursday

Roast Gammon with Pease Pudding
Roast Potatoes
Broccoli

Thin and Crispy Roasted
Vegetable Pizza
Peas • Sweetcorn

Egg and Cress Sandwich

Fruity Flapjack • Custard

Friday

Battered Fish
Chips • Garden Peas

Southern Style Quorn Wrap
Sweet Potato Fries
Crunchy Coleslaw

Cheese Filled Jacket Potato

Shortbread Biscuit

Available daily: Salad bar, selection of fresh bread and rolls. Alternative Desserts: Selection of fresh fruit, fruit salad, yoghurt and cheese and biscuits.
Choice of Drinks: Fruit juice drink, reduced fat milk, flavoured milk, chilled drinking water. Menu is subject to availability and the requirements of individual schools.

week two

11 September 17 • 2 October 17
30 October 17 • 20 November 17
11 December 17 • 15 January 18
5 February 18 • 5 March 18
26 March 18 • 30 April 18
21 May 18 • 18 June 18
9 July 18

Monday

BBQ Chicken Burger in a Bun
Sweet Potato Fries
Garden Peas

Macaroni and Cauliflower Cheese
Garlic and Herb Bread

Tuna Mayo Sandwich

Melting Moment Biscuit

Tuesday

Turkey Pie
Creamed Potatoes • Green Cabbage

Sticky Quorn Sausage
or Sticky Pork Sausage
Egg Noodles with Spring Onion
and Baby Corn

Baked Bean Filled Jacket Potato

Victoria Jam Sponge

Wednesday

Spaghetti Bolognese
or Quorn Bolognese
Garlic Bread

Fish Fingers with Lemon Mayo
Chips • Garden Peas

Chicken and Sweetcorn Sandwich

Fresh Fruit Salad • Yoghurt
Fresh Fruit • Cheese and Biscuits

Thursday

Roast Pork with Yorkshire Pudding
or Quorn Fillet with Yorkshire Pudding
Oven Roast Potatoes • Swede

Vegetarian Korma
Steamed Rice or Naan Bread

Ham and Pease Pudding Stottie

Chocolate Coconut Slice

Friday

Fishcake with Parsley Mayo
Seasoned Potato Wedges
Broccoli

Vegetarian Kofta with Cucumber
and Mint Raita in Pitta Bread
Savoury Vegetable Rice

Cheese and Grated Carrot Filled
Jacket Potato

Apple Crumble Muffin

Available daily: Salad bar, selection of fresh bread and rolls. Alternative Desserts: Selection of fresh fruit, fruit salad, yoghurt and cheese and biscuits.
Choice of Drinks: Fruit juice drink, reduced fat milk, flavoured milk, chilled drinking water. Menu is subject to availability and the requirements of individual schools.

week three

18 September 17 • 9 October 17
6 November 17 • 27 November 17
18 December 17 • 22 January 18
19 February 18 • 12 March 18
16 April 18 • 7 May 18
4 June 18 • 25 June 18
16 July 18

Monday

Classic Hotdog
with Tomato Ketchup
Oven Roast Potatoes • Sweetcorn

Vegetarian Lasagne
Garlic Bread

Tuna and Sweetcorn Filled
Jacket Potato

Frozen Fruit Yoghurt

Tuesday

Pork Tenderloin and Apple Sauce
with Herb Stuffing
Creamed Potatoes • Carrots

Vegetable Nuggets
with Tomato Ketchup
Bombay Potatoes • Peas

Cheese Sandwich

Creamy Rice Pudding
Peach Slices

Wednesday

Cheese and Potato Pie
Oven Roast Potatoes • Baked Beans

BBQ Vegetarian Meatball Sub
Oven Roast Potatoes • Broccoli

Chicken Mayo Filled Jacket Potato

Fresh Fruit Salad • Yoghurt
Fresh Fruit • Cheese and Biscuits

Thursday

Mild Chilli Beef and Cheese
Potato Wedges • Green Beans

Thin and Crispy Pizza Margherita
Garden Peas
Sweetcorn

Turkey Salad Sandwich

Sticky Toffee Pudding
and Ice Cream

Friday

Chinese Style Vegetarian Curry
Steamed Brown Rice

Salmon Fish Finger Sandwich
with Tomato Relish
Chips • Garden Peas

Baked Bean Filled Jacket Potato

Carrot Cup Cake

Available daily: Salad bar, selection of fresh bread and rolls. Alternative Desserts: Selection of fresh fruit, fruit salad, yoghurt and cheese and biscuits.
Choice of Drinks: Fruit juice drink, reduced fat milk, flavoured milk, chilled drinking water. Menu is subject to availability and the requirements of individual schools.

September 2017 - July 2018



Red Tractor Assurance

Newcastle City Council