

# 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

