

Grow

FUEL FOR YOUNG MINDS

Calmore Junior School menu

Food for Life

With this menu we continue with our achievement of Food for Life which means your children are being provided healthy, well balanced & professionally created lunches made from the highest ingredients, including free-range, organic & MSC certified fish.

For more information on the award please visit foodforlife.org.uk/schools

Our Menu

Our menus meet or exceed government food standards for school meals. Do not include fish on the Marine Conservation Society 'Fish to Avoid' list. Only contain British Farm Assured Meat. Are Nut Free, Peanut Free & Shellfish Free.



soil Association





Calmore Junior School - Week 1 Menu

Week commencing: 3 Nov, 24 Nov, 15 Dec, 19 Jan, 9 Feb, 9 Mar

MAIN MEAL

VEGETARIAN

JACKET POTATO / PASTA

DESSERT

MONDAY



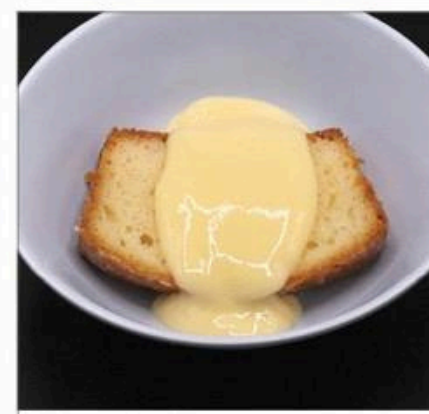
Sausages served with Mashed Potato and Seasonal Vegetables



Vegetarian Sausage served with Mashed Potato and Seasonal Vegetables



Jacket Potato with a choice of Tuna Mayonnaise Cheddar Cheese or Baked Beans filling



Lemon Sponge served with Custard

TUESDAY



Homemade Beef Lasagne served with Diced Potatoes and Mixed Garden Salad



Vegetarian Lasagne served with Diced Potatoes and Mixed Garden Salad



Pasta with Tomato and Basil Sauce



Shortbread Finger with Fruit Wedges

WEDNESDAY



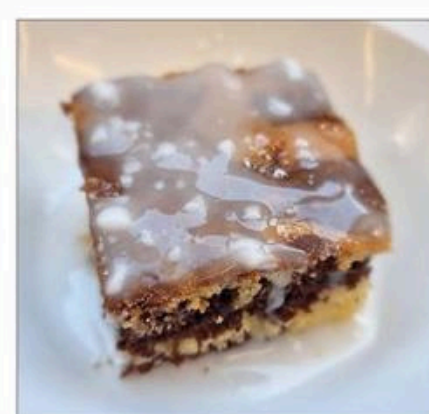
Roast Chicken served with Roast Potatoes, Seasonal Vegetables and Gravy



Vegetarian Mince and Onion Pie served with Roast Potatoes, Seasonal Vegetables and Gravy



Jacket Potato with a choice of Tuna Mayonnaise Cheddar Cheese or Baked Beans filling



Iced Chocolate Sponge

THURSDAY



Mild Beef Chilli Con Carne with Rice and Seasonal Vegetables



Vegetable Enchilada with Rice and Seasonal Vegetables



Pasta with Tomato and Basil Sauce



Apple Crumble & Custard

FRIDAY



Fish Fingers served with Chips, Beans, Peas & Tomato Ketchup



Cheese & Tomato Pizza served with Chips, Beans, Peas & Tomato Ketchup



Jacket Potato with a choice of Tuna Mayonnaise Cheddar Cheese or Baked Beans filling



Fruity Friday

All meals come with seasonal vegetables or salad of your choice.
*Some photos may depict different sides to those described.



Calmore Junior School - Week 2 Menu

Week commencing: 10 Nov, 1 Dec, 5 Jan, 26 Jan, 23 Feb, 16 Mar

MAIN MEAL

VEGETARIAN

JACKET POTATO / PASTA

DESSERT

MONDAY



Beef Burger in a Bun served with Potato Wedges, Mixed Garden Salad and Coleslaw



Cheese & Tomato Pinwheel served with Potato Wedges, Mixed Garden Salad and Coleslaw



Jacket Potato with a choice of Tuna Mayonnaise Cheddar Cheese or Baked Beans filling



Jam Sponge

TUESDAY



BBQ Chicken & Rice served with Peas and Broccoli



Vegetable Biryani & Rice served with Peas and Broccoli



Pasta with Tomato and Basil Sauce



Mini Sultana Oat Cookie with Fruit Slices

WEDNESDAY



Roast Turkey served with Roast Potatoes, Seasonal Vegetables and Gravy



Vegetarian Sausage served with Roast Potatoes, Seasonal Vegetables and Gravy



Jacket Potato with a choice of Tuna Mayonnaise Cheddar Cheese or Baked Beans filling



Pineapple Upside Down Cake with Custard

THURSDAY



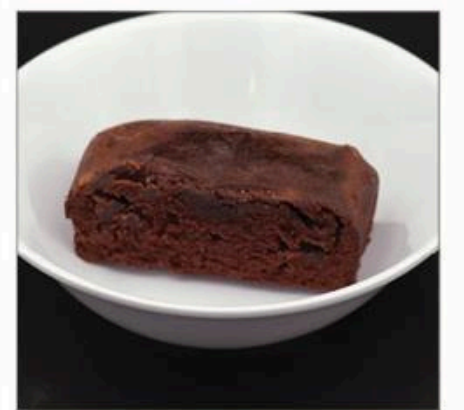
Chicken Wrap served with Potato Wedges, Mixed Garden Salad and Sweetcorn



Margherita Pizza served with Potato Wedges, Mixed Garden Salad and Sweetcorn



Pasta with Tomato and Basil Sauce



Chocolate Brownie

FRIDAY



Fish Fingers or Salmon Fish Fingers served with Chips, Beans, Peas & Tomato Ketchup



BBQ Vegetable & Bean Wrap served with Chips, Beans, Peas & Tomato Ketchup



Jacket Potato with a choice of Tuna Mayonnaise Cheddar Cheese or Baked Beans filling



Fruity Friday

All meals come with seasonal vegetables or salad of your choice.
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Calmore Junior School - Week 3 Menu

Week commencing: 17 Nov, 8 Dec, 12 Jan, 2 Feb, 2 Mar, 23 Mar

MAIN MEAL

VEGETARIAN

JACKET POTATO / PASTA

DESSERT

MONDAY



Ham Pizza served with Potato Wedges, Mixed Garden Salad and Coleslaw



Mixed Bean Fajita served with Potato Wedges, Mixed Garden Salad and Coleslaw



Jacket Potato with a choice of Tuna Mayonnaise Cheddar Cheese or Baked Beans filling

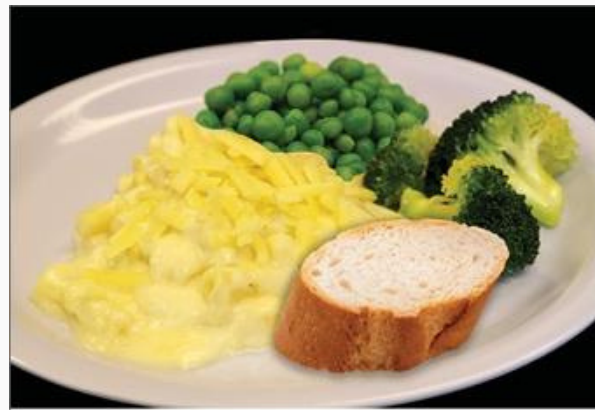


Shortbread

TUESDAY



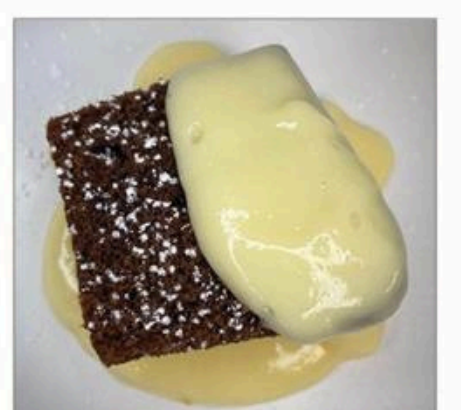
Mexican Chicken & Rice served with Warm Baguette, Peas and Broccoli



Macaroni Cheese served with Warm Baguette, Peas and Broccoli



Pasta with Tomato and Basil Sauce



Chocolate Sponge with Custard

WEDNESDAY



Roast Gammon served with Mashed Potato, Seasonal Vegetables and Gravy



Roast Quorn Fillet served with Mashed Potato, Seasonal Vegetables and Gravy



Jacket Potato with a choice of Tuna Mayonnaise Cheddar Cheese or Baked Beans filling



Banana Home Bake

THURSDAY



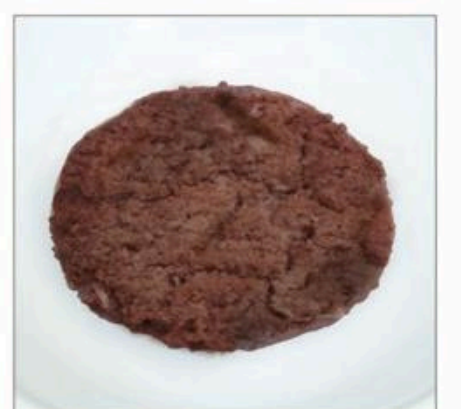
Pasta Bolognese served with Bread and Seasonal Vegetables



Vegetarian Chilli & Rice served with Bread and Seasonal Vegetables



Pasta with Tomato and Basil Sauce



Chocolate Cookie

FRIDAY



Fish Fingers served with Chips, Beans, Peas & Tomato Ketchup



Vegetable Fingers served with Chips, Beans, Peas & Tomato Ketchup



Jacket Potato with a choice of Tuna Mayonnaise Cheddar Cheese or Baked Beans filling



Fruity Friday

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