

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: 1, 22 June, 13 July 26

MAIN MEAL

VEGETARIAN

JACKET POTATO / PASTA

PICNIC

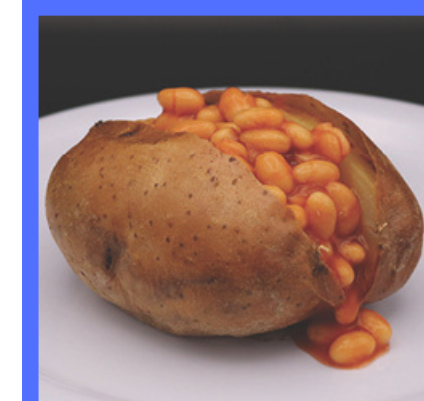
MONDAY



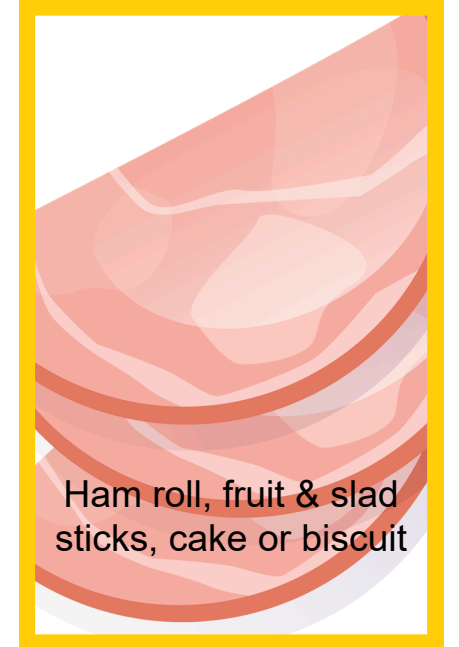
Cheese & Tomato Pinwheel served with Potato Wedges, Carrots, Garden Peas



Veggie Fingers served with Potato Wedges, Carrots, Garden Peas



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



Ham roll, fruit & salad sticks, cake or biscuit

TUESDAY



Chicken Taco served with Fluffy Rice and Seasonal Vegetables



Veggie Mince & Cheese Taco served with Fluffy Rice and Seasonal Vegetables

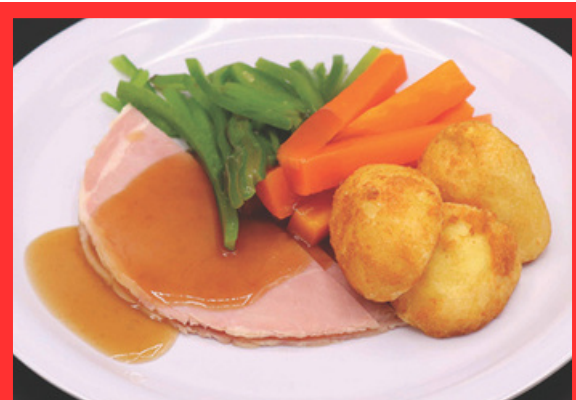


Jacket Potato with a choice of Tuna Mayonnaise Cheddar Cheese or Baked Beans filling



Tuna roll, fruit & salad sticks, cake or biscuit

WEDNESDAY



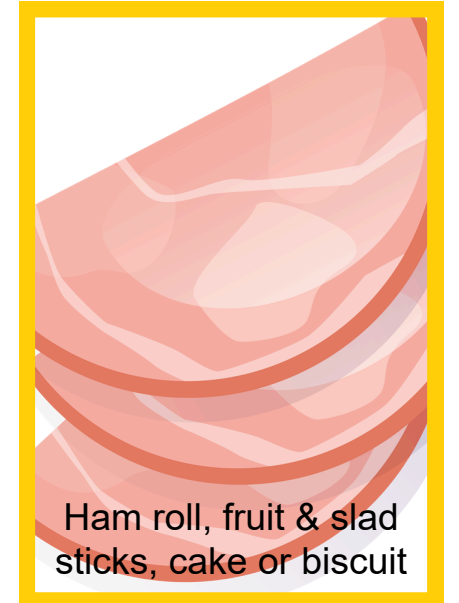
Roast Gammon served with Roast Potatoes, Seasonal Vegetables and Gravy



Creamy Vegetable Pie served with Roast Potatoes and Seasonal Vegetables



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



Ham roll, fruit & salad sticks, cake or biscuit

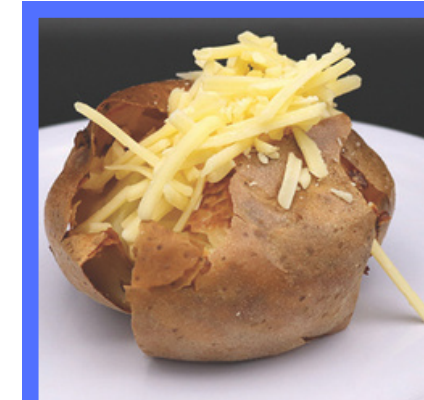
THURSDAY



Pasta with Sausage and Tomato Sauce served with Warm Baguette, Sweetcorn and Green Beans



Veggie Meatballs & Pasta served with Warm Baguette and Seasonal Vegetables



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



Tuna roll, fruit & salad sticks, cake or biscuit

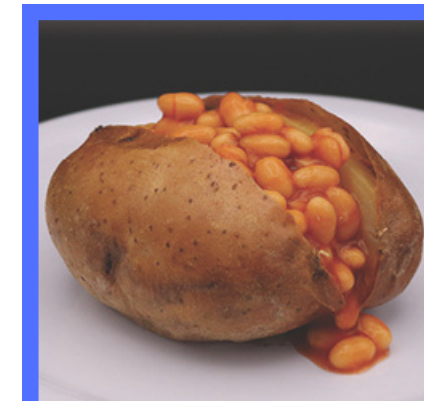
FRIDAY



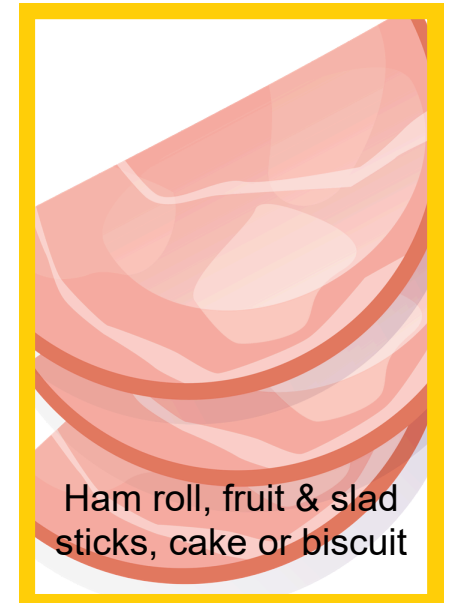
Fish Fingers served with Chips, Beans, Peas & Tomato Ketchup



Vegan Quorn Sausage served with Oven Chips, Baked Beans & Garden Peas



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



Ham roll, fruit & salad sticks, cake or biscuit

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: 8, 29 June, 20 July 26

MAIN MEAL

VEGETARIAN

JACKET POTATO / PASTA

PICNIC

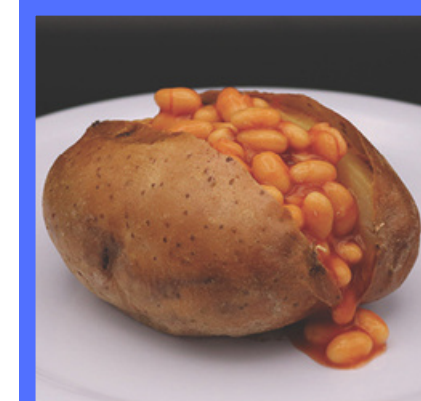
MONDAY



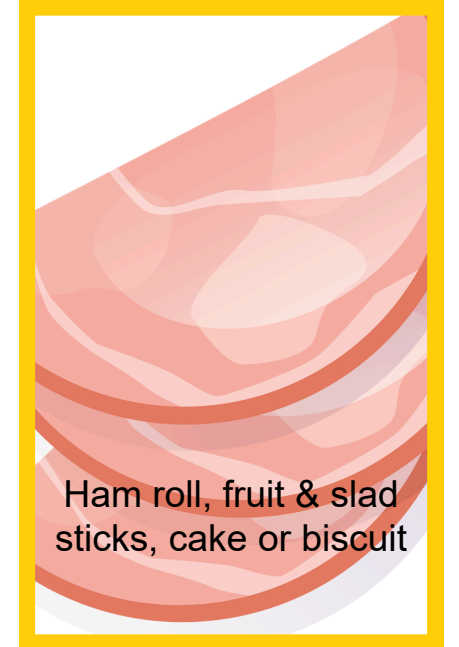
Macaroni Cheese served with Seasonal Vegetables



Cheese & Baked Bean Puff served with Potato Wedges and Seasonal Vegetables



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



Ham roll, fruit & salad sticks, cake or biscuit

TUESDAY



Beef Burger in a Bun served with Potato Wedges, Coleslaw and Seasonal Vegetables



Veggie Burger in a Bun served with Potato Wedges, Coleslaw and Seasonal Vegetables



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



Tuna roll, fruit & salad sticks, cake or biscuit

WEDNESDAY



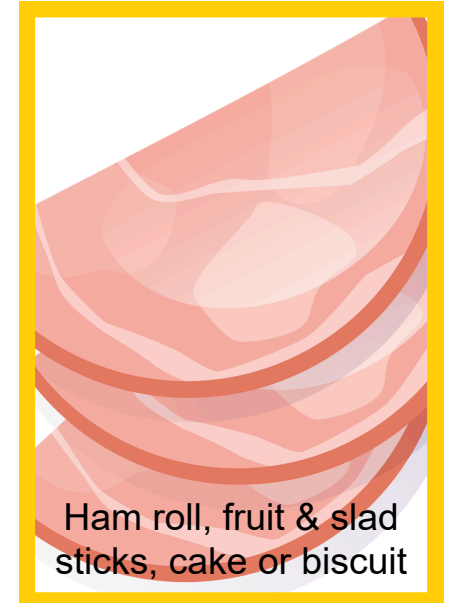
Roast Chicken served with Mashed Potatoes, Seasonal Vegetables and Gravy



Vegetarian Toad in the Hole served with Mashed Potato, Seasonal Vegetables and Gravy



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



Ham roll, fruit & salad sticks, cake or biscuit

THURSDAY



Butter Chicken Curry & Rice served with Seasonal Vegetables



Chickpea & Vegetable Biryani served with Rice, and Seasonal Vegetables



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



Tuna roll, fruit & salad sticks, cake or biscuit

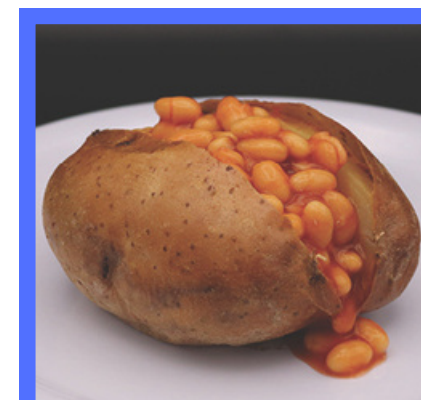
FRIDAY



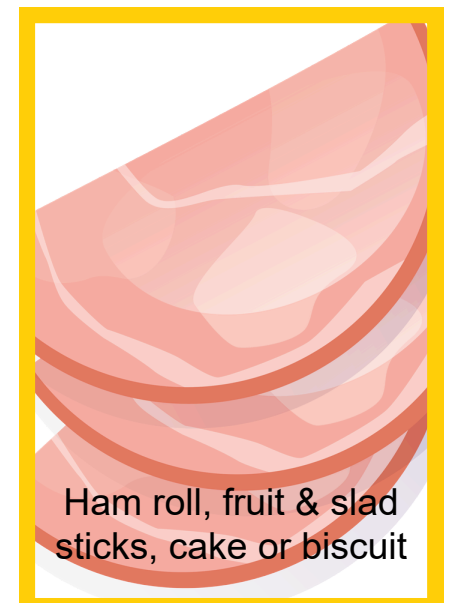
Battered Fish served with Chips, Beans, Peas & Tomato Ketchup



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



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



Ham roll, fruit & salad sticks, cake or biscuit

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

Week commencing: 15 June, 6 July 26

MAIN MEAL

VEGETARIAN

JACKET POTATO / PASTA

PICNIC

MONDAY



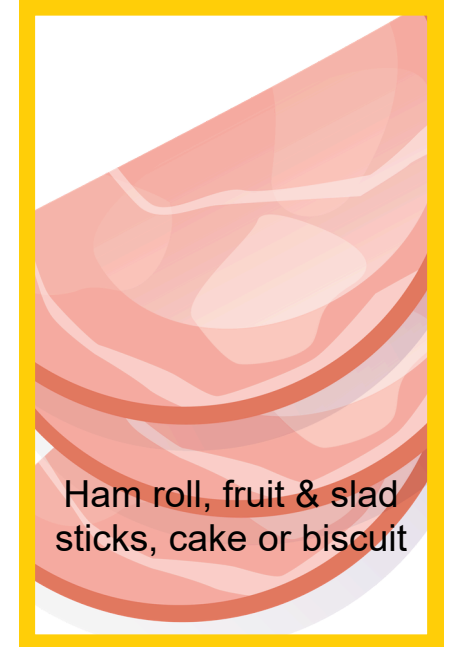
Vegan Sausage Roll served with Potato Wedges and Seasonal Vegetables



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



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



Ham roll, fruit & salad sticks, cake or biscuit

TUESDAY



Chicken Noodles served with Fluffy Rice and Seasonal Vegetables



Vegetable & Five Bean Noodles served with Fluffy Rice and Seasonal Vegetables



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



Tuna roll, fruit & salad sticks, cake or biscuit

WEDNESDAY



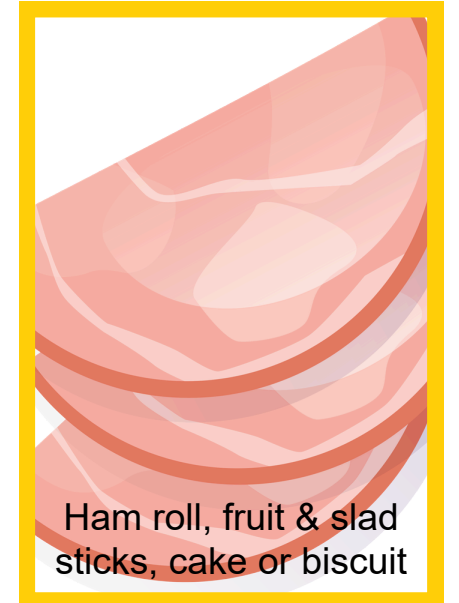
Roast Chicken served with Roast Potatoes, Seasonal Vegetables and Gravy



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



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



Ham roll, fruit & salad sticks, cake or biscuit

THURSDAY



Pasta Bolognese served with Bread and Seasonal Vegetables



Chickpea & Sweet Potato Curry & Rice served with Peas and Sweetcorn



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



Tuna roll, fruit & salad sticks, cake or biscuit

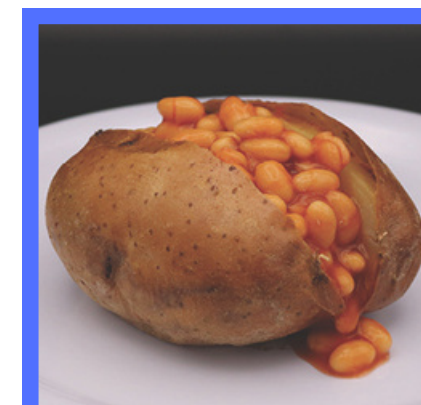
FRIDAY



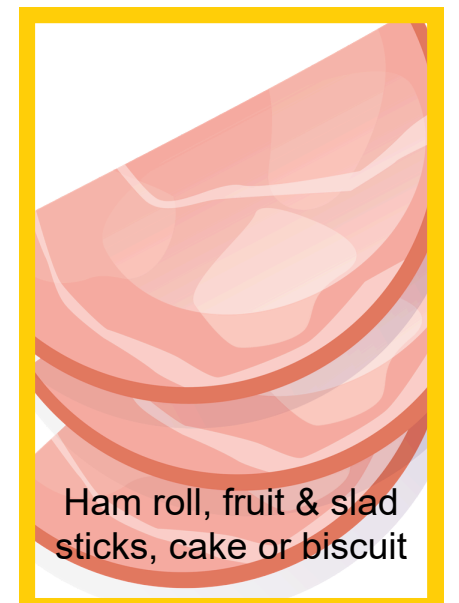
Fish Fingers served with Chips, Beans, Peas & Tomato Ketchup



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



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



Ham roll, fruit & salad sticks, cake or biscuit

All meals come with seasonal vegetables or salad of your choice.
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