



YOUR MENU @

GODWIN JUNIOR SCHOOL

Spring - Summer 2024

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Sweet Chilli Meatballs with Rice	Lamb & Lentil Lasagne with Garlic Slice	Roast Chicken & Herby Stuffing with Roast Potatoes	Fruity Caribbean Chicken with Rice & Peas	Fish Fingers with Chips
Choice 2	Jacket Potato with Choice of Fillings V	Sri Lankan Fish Curry with Basmati Rice	Quorn Soft Shell Taco with Rice V	Wholemeal Spinach & Ricotta Pasta Parcels V	Chicken Shawarma in Flatbread
Choice 3	Quorn Dippers with Sweet & Sour Sauce & Egg Noodles V	Veggie Keema with Rice & Naan V	Roast Vegetable Tart served with Roast Potatoes PB	Jerk Sausage with Rice & Peas PB	Pizza Slice with Chips V
Vegetable Selection	Sweetcorn Fresh Broccoli	Green Beans Fresh Carrots	Seasonal Fresh Vegetables	Mixed Vegetables Sweetcorn	Garden Peas Baked Beans
Dessert of the Day	Raspberry Ripple Ice Cream Sponge Roll V	Apple Crumble served with Vanilla Ice Cream* V SS	Frozen Yoghurt served with Fruit Salad* V	St Clement's Cake* V SS	Belgian Style Waffle served with Fruit Salad V

Daily Options

Salad Bar / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt

WEEK 1

15 Apr, 6 May, 3 Jun, 24 Jun, 15 Jul, 2 Sep, 23 Sep, 14 Oct.

MEAT SERVED AT THIS SCHOOL IS HALAL

KEY: **V** - Vegetarian **PB** - Plant Based **SS** - Sugar Smart

* - (Egg Free Dessert Recipe)

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WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Chicken Burrito with Coleslaw & Mexican Salad	Baked Sausages served with Mashed Potatoes	Roast Chicken with Yorkshire Pudding served with Roast or New Potatoes	Lamb & Vegetable Jollof Rice	Fish in Batter with Chips
Choice 2	Creamy Butternut Squash Pasta Bake V	BBQ Chicken Pasta Bake	Tuna Melt Panini served with Salad & Coleslaw	Jackfruit Bolognese PB	Chickpea & Potato Curry with Rice PB
Choice 3	Quorn Frankfurter Hot Dog with Jacket Wedges V	Cheese & Potato Pie V	Toad in the Hole served with Roast or New Potatoes V	Moroccan Style Tagine with Couscous PB	Veggie Pattie Muffin with Chips V
Vegetable Selection	Sweetcorn Fresh Broccoli	Garden Peas Baked Beans	Seasonal Fresh Vegetables	Mixed Vegetables Sweetcorn	Fresh Carrots Green Beans
Dessert of the Day	SS Carrot Cake* V	SS Chocolate Sponge Slice served with Chocolate Custard V	Frozen Orange & Mango Smoothie* PB	SS Peach Melba Crumble & Ice Cream* V	Jelly served with Summer Fruit* PB

Daily Options

Salad Bar / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt

WEEK 2

22 Apr, 13 May, 10 Jun, 1 Jul, 22 July, 9 Sep, 30 Sep, 21 Oct

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Spring - Summer 2024

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Chicken & Spring Vegetable Bake with Mashed Potatoes	Piri Piri Glazed Chicken with Rice	Souvlaki Chicken with New Potatoes	Tuscan Mixed Bean Pasta Bake with Focaccia Slice PB	Fish Fingers with Chips
Choice 2	Mac & Cheese with Focaccia V	Lentil & Vegetable Tikka Masala with Rice & Naan V	'Fishwich' served in a Bun with Potato Salad	Lamb Burger in a Bun with Jacket Wedges	Tandoori Chicken Naan with Indian Style Salad & Yoghurt
Choice 3	Beany Wrap with Rice PB	Jacket Potato with Choice of Fillings V	Mediterranean Vegetable Tart with New Potatoes PB	Southern Style Burger in a Roll with Jacket Wedges V	Sausage in a Roll with Chips PB
Vegetable Selection	Sweetcorn Fresh Broccoli	Green Beans Fresh Carrots	Seasonal Fresh Vegetables	Mixed Vegetables Sweetcorn	Garden Peas Baked Beans
Dessert of the Day	SS Fruit Flapjack* PB	SS Banana Slice* V	SS Lemon & Lime Cheesecake* V	SS Chocolate & Pear Pudding* V	Summer Fruit Platter with Ice Cream* V

Daily Options

Salad Bar / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt

WEEK 3

29 Apr, 20 May, 17 Jun, 8 Jul, 16 Sep, 7 Oct.

MEAT SERVED AT THIS SCHOOL IS HALAL

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 * - (Egg Free Dessert Recipe)

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