

Monkwear Junior School Dinner Menu	Week 1	Week 2	Week 3
Monday	Pizza! Or Tomato pasta & garlic bread Or sandwich/ wrap with : Cheese/ Ham/Tuna/Egg Or Jacket potato with: Cheese/Ham/Tuna /Egg/Beans Ice cream & peaches	Pizza! Or Spaghetti bolognaise & garlic bread Or sandwich/ wrap with : Cheese/ Ham/Tuna/Egg Or Jacket potato with: Cheese/ Ham/Tuna/Egg/Beans ice cream roll & fruit	Pizza! Or Chicken nuggets Baguette/ wrap with : Cheese/ Ham/Tuna/Egg Or Jacket potato with: Cheese/ Ham/Tuna/Egg/Beans Rice pudding
Tuesday	Sausage roll, mash, gravy & vegetables Or Turkey burger in a bun with homemade wedges Or sandwich/ wrap with : Cheese/ Ham/Tuna/Egg Or Jacket potato with: Cheese/ Ham/Tuna/Egg/Beans Golden crispy & milkshake	All day breakfast, sausage ,bacon ,hash brown ,egg ,beans or hoops Or Homemade soup & roll Or sandwich/ wrap with : Cheese/ Ham/Tuna/Egg Or Jacket potato with: Cheese/ Ham/Tuna/Egg/Beans Choc beety sponge & custard	Yorkshire pudding wrap stuffed with turkey , and gravy with fresh vegetables Or Giant Yorkshire pudding, with minced beef & veg or Baguette/ wrap with : Cheese/ Ham/Tuna/Egg Or Jacket potato with: Cheese/ Ham/Tuna/Egg/Beans Syrup sponge custard
Wednesday	ROAST Day! Roast chicken, mashed pots, fresh vegetables and gravy Or sandwich/ wrap with : Cheese/ Ham/Tuna/Egg Or Jacket potato with: Cheese/ Ham/Tuna/Egg/Beans Sticky toffee pudding & custard	ROAST DAY! Roast chicken, mashed pots, fresh vegetables & gravy Or sandwich / wrap with : Cheese/ Ham/Tuna/Egg Or Jacket potato with: Cheese/ Ham/Tuna/Egg/Beans Iced sponge cake & milk shake	ROAST DAY!! Roast chicken, mashed pots ,fresh vegetables Or Minced beef and mash potato Or Sandwich/ wrap with : Cheese/ Ham/Tuna/Egg Or Jacket potato with: Cheese/ Ham/Tuna/Egg/Beans Choc crunch milk
Thursday	Chicken & vegetable pie Or Meatballs in gravy sandwich / wrap with : Cheese/ Ham/Tuna/Egg Or Jacket potato with: Cheese/ Ham/Tuna/Egg/Beans Cheese triangle ,crackers& grapes	Pan fried beef with noodles Or pan fried chicken and noodles sandwich/ wrap with : Cheese/ Ham/Tuna/Egg Or Jacket potato with: Cheese/ Ham/Tuna/Egg/Beans Fresh fruit salad, jelly & cream	Cumberland sausage Or Chicken deli wrap sandwich/ wrap with : Cheese/ Ham/Tuna/Egg Or Jacket potato with: Cheese/ Ham/Tuna/Egg/Beans Frozen yoghurt & melon slice
Friday	Fish fingers, chips peas or beans Or Scampi, chips, peas or beans Or sandwich /wrap with : Cheese/ Ham/Tuna/Egg Or Jacket potato with: Cheese/ Ham/Tuna/Egg/Beans Apple crumble and custard	Breaded fish & chips Or Fish goujons Or sandwich/ wrap with : Cheese/ Ham/Tuna/Egg Or Jacket potato with: Cheese/ Ham/Tuna/Egg/Beans Grassmere gingerbread	Cod fish cakes & chips Or Salmon nibbles & chips Or sandwich/ wrap with : Cheese/ Ham/Tuna/Egg Or Jacket potato with: Cheese/ Ham/Tuna/Egg/Beans Cookies and milk