

Monkwray 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 bolognese & 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 & broccoli pasta bake Baguette/ wrap with : Cheese/ Ham/Tuna/Egg Or Jacket potato with: Cheese/ Ham/Tuna/Egg/Beans Rice pudd/ mixed grapes
Tuesday	Shepherds pie with gravy and green beans Or Chicken noodle stir fry Or sandwich/ wrap with : Cheese/ Ham/Tuna/Egg Or Jacket potato with: Cheese/ Ham/Tuna/Egg/Beans Golden crispy with milkshake	Sausage and mash potato with sweetcorn 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	Chicken tikka masala with rice & nann bread Or Meat & potato pie, gravy & peas 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, carrots, broccoli and gravy Or sandwich/ wrap with : Cheese/ Ham/Tuna/Egg Or Jacket potato with: Cheese/ Ham/Tuna/Egg/Beans Sticky toffee pudd & custard	ROAST DAY! Roast Turkey, mashed pots, cauliflower, carrots & gravy Or sandwich / wrap with : Cheese/ Ham/Tuna/Egg Or Jacket potato with: Cheese/ Ham/Tuna/Egg/Beans Iced sponge cake & milk shake	Roast beef and Yorkshire pudding with gravy, carrots,mash,roast & cabbage. Or Sandwich/ wrap with : Cheese/ Ham/Tuna/Egg Or Jacket potato with: Cheese/ Ham/Tuna/Egg/Beans Choc crunch milk
Thursday	Turkey burger in bun corn on the cob Meatballs in gravy with mash & green cabbage sandwich / wrap with : Cheese/ Ham/Tuna/Egg Or Jacket potato with: Cheese/ Ham/Tuna/Egg/Beans Cheese triangle ,crackers& grapes	Chicken or vegetable Curry and Rice Or Lasagne and Garlic Bread or sandwich/ wrap with : Cheese/ Ham/Tuna/Egg Or Jacket potato with: Cheese/ Ham/Tuna/Egg/Beans Fresh fruit salad, jelly & cream	Cumberland sausage, mash & green beans. 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 Quorn nuggets 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 Quorn Nuggets 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 Quorn nuggets or Jacket potato with: Cheese/ Ham/Tuna/Egg/Beans Cookies and milk

