

WENSUM JUNIOR

Date 31st Aug, 21st Sep, 12th Oct, 2nd Nov, 23rd Nov,
14th Dec, 4th Jan, 25th Jan, 15th Feb

WEEK 1

MONDAY

Handmade Margherita Pizza with Wedges (GL,MI)
Vegetable Frittata with Wedges (EG,MI)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Baguettes-Ham (GL,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Ice Cream (MI) or Fresh Fruit

TUESDAY

Chicken Meatballs with Tomato & Basil Sauce & Rice
Vegetable Biryani with Carrot & Raisin Salad (GL)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Baguettes-Ham (GL,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Lemon Drizzle Cake (GL,SU) or Fresh Fruit

WEDNESDAY

Roast Gammon with Potatoes & Gravy (SU)
Roasted Vegetable Loaf with Potatoes & Gravy (GL,SU)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Baguettes-Ham (GL,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Fruity Shortbread (GL) or Fresh Fruit

THURSDAY

Pastry Topped Chicken Pie With Mashed Potato (GL,MI)
Veggie Pasta Bolognaise (GL,SO)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Baguettes-Ham (GL,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Vegan Fruit Jelly or Fresh Fruit

FRIDAY

Breaded Fish Fingers with Chips & Beans (GL,FI)
Veggie Fingers with Chips & Beans (GL)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Baguettes-Ham (GL,SO) Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Dessert Bar (GL,MI,SU) or Fresh Fruit

Date 7th Sep, 28th Sep, 19th Oct, 9th Nov,
30th Nov, 21st Dec, 11th Jan, 1st Feb, 22nd Feb

WEEK 2

Mac n Cheese (GL,MI)
Mild Veggie Chilli Wrap with Golden Rice (GL,SO)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Baguettes-Ham (GL,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Apple & Raisin Biscuit (GL) or Fresh Fruit

Mild Beef Chilli with Rice (GL)
Veggie Pasta Bake (GL,MI)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Baguettes-Ham (GL,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Apple Crumble Cake with Custard (GL,MI) or Fresh Fruit

Roast Chicken Breast with Potatoes & Gravy (SU)
Squash & Sweet Potato Wellington with Potatoes & Gravy (GL,SU)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Baguettes-Ham (GL,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Super Oaty Flapjack (GL) or Fresh Fruit

Creamy Salmon Tortellini (GL,MI,FI)
Handmade Margherita Pizza with Wedges (GL,MI)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Baguettes-Ham (GL,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Vanilla Cookie (GL) or Fresh Fruit

Crispy Chicken Bites with Chips & Beans (GL)
Crispy Vegan Nuggets with Chips & Beans (GL)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Baguettes- Ham (GL,SO) Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Dessert Bar (GL,MI,SU) or Fresh Fruit

Date 14th Sep, 5th Oct, 26th Oct, 16th Nov
7th Dec, 28th Dec, 18th Jan, 8th Feb

WEEK 3

Handmade Margherita Pizza with Wedges (GL,MI)
Vegetable Dahl with Steamed Rice (GL)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Baguettes-Ham (GL,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Creamy Rice Pudding with Fruit Sauce (MI) or Fresh Fruit

Chicken Korma with Steamed Rice
Cheesy Baked Bean Quesadilla (GL,MI)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Baguettes-Ham (GL,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Marble Cake with Custard (GL,MI) or Fresh Fruit

Pork Sausage Roast with Potatoes & Gravy (GL,SO,SU)
Veggie Sausage Roast with Potatoes & Gravy (SO,SU)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Baguettes-Ham (GL,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Oaty Biscuit (GL) or Fresh Fruit

Beef Pasta Bolognaise (GL)
Veggie Cottage Pie (GL,SO,MI)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Baguettes-Ham (GL,SO), Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Iced Sprinkle Sponge (GL) or Fresh Fruit

Oven Baked Battered Fish with Chips & Beans (GL,FI)
Handmade Cheese & Onion Pasty with Chips & Beans (GL,MI)
Tomato Pasta (GL)
Jacket Potatoes – Cheese (MI), Beans or Tuna (FI)
Baguettes- Ham (GL,SO) Cheese (GL,MI,SO) or Tuna (GL,SO,FI)
Dessert Bar (GL,MI,SU) or Fresh Fruit

VEGETABLES, SALAD, BREAD, AVAILABLE DAILY

BREAD CONTAINS - GL - MI - EG - SO

ALLERGY KEY
CELERY - CE / GLUTEN - GL / CRUSTACEANS - CR / EGGS - EG / FISH - FI / LUPIN - LU / MILK - MI
MOLLUSCS - MO / MUSTARD - MU / NUTS - NU / PEANUTS - PE / SESAME SEEDS - SE / SOYA - SO / SULPHUR - SU

The Pantry are committed to improving the standards of children's meals across every one of our Schools, and fresh, ethically sourced ingredients are used every day across our kitchens.

The Pantry