**Branston Junior Academy – School Meals Menus - New Menu – 3 week cycle**

**Week 1 20th Nov 11th Dec 8th Jan 29th Jan**

**Week 2 27th Nov 18th Dec 15th Jan 5th Feb**

**Week 3**  **4th Dec 1st Jan 22nd Jan**

**Please keep this at home so you can see at a glance the menu for each week ☺**

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| **WEEK 1** | **Monday**  **Week 1** | **Tuesday**  **Week 1** | **Wednesday**  **Week 1** | **Thursday**  **Week 1** | **Friday**  **Week 1** |
| Main  Option 1 | Traditional Lamb Kofta, Flatbread and Salad | Fresh Southern Cajun Chicken in a Bun | Roast Turkey with Sage & Onion Stuffing | Beef Lasagne | Deep Fried Fish |
| Veggie  Option 1 | Creamy Herb Crumbed Macaroni Cheese (V) | Freshly made Rainbow Vegetable Frittata (V) | Authentic Chinese Style Vegetable Stir Fry (V) | Fresh Oven Baked Cheese & Tomato Flan (V) | Traditionally made Mexican Vegetable Burritos (V) |
| **ALL Main & Veggie served with choice of:-** | **Jacket Wedges Peas & Mixed Veg**  **Mixed Salad** | **Roasted New Potatoes**  **Broccoli**  **Baked Beans**  **Mixed Salad** | **Roast Potatoes**  **Carrots**  **Sweetcorn**  **Mixed Salad** | **Herby Potatoes**  **Green Beans**  **Garlic Bread**  **Mixed Salad** | **Chips**  **Baked Beans**  **Mixed Salad** |
| Dessert  Option A | Iced Carrot and Orange Slice | Coconut Jam Sponge with Custard | Chocolate& Pear Crumble with Custard | Fruity Rice Crispie Slice | Chocolate Sponge with Chocolate Sauce |
| Option B | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit |
| Option C | Yogurt | Yogurt | Yogurt | Yogurt | Yogurt |
| **WEEK 2** | **Monday**  **Week 2** | **Tuesday**  **Week 2** | **Wednesday**  **Week 2** | **Thursday**  **Week 2** | **Friday**  **Week 2** |
| Main  Option 1 | Traditional Farm House Grill | BBQ Turkey Meatballs with Noodles | Roast chicken  Yorkshire Pudding | Fresh Oven Baked Chicken & Sweetcorn Pie | Fish Fingers |
| Veggie  Option 2 | Bindi Chick Pea & Lentil Dahl (V) with 50/50 Rice | Vegetable Hot Dogs (V) with Onions served on a finger roll | Freshly made Braised Winter Vegetable Hot Pot (V) | Italian Tomato & Wholemeal Pasta Bake (V) | Freshly Made Homemade Assorted Paninis |
| **ALL Main & Veggie served with choice of:-** | **Herby Potatoes**  **Grilled Tomatoes**  **Peas**  **Baked Beans**  **Mixed Salad** | **Potato Wedges**  **Sweetcorn**  **Green Beans**  **Mixed Salad** | **Roast Potatoes**  **Green Beans**  **Carrot & Swede** | **New Potatoes**  **Broccoli**  **Carrots**  **Mixed Salad** | **Chips**  **Baked Beans**  **Mixed Salad** |
| Dessert  Option A | Chocolate Muffin | Syrup Sponge with Custard | Oaty Fruit Crunch | Marble Cake with Custard | Chrunchie Biscuit and Apple Slice |
| Option B | Fresh Fruit | Fresh fruit | Fresh Fruit | Fresh fruit | Fresh fruit |
| Option C | Yoghurt | Yoghurt | Yoghurt | Yoghurt | Yoghurt |
| **WEEK 3** | **Monday**  **Week 3** | **Tuesday**  **Week 3** | **Wednesday**  **Week 3** | **Thursday**  **Week 3** | **Friday**  **Week 3** |
| Main  Option 1 | Freshly Made Hot Pulled Chicken Sandwiches | Oven Baked Salmon & Lemon Crunch Fishcakes | Roast Beef & Yorkshire Pudding | Smothered Chicken With Tangy BBQ Sauce | Deep Fried Fish |
| Veggie  Option 2 | Vegetable & Chickpea Curry served with Mixed Rice | Fresh Oven Baked Red Onion & Cheddar Quiche | Traditional Mediterranean Lasagne | Fresh Spicy Mexican Style Vegetable Quesadillas | Vegetable Chili Con Carnie served with Braised Rice |
| **ALL Main & Veggie served with choice of:-** | Peas & Sweetcorn  Jacket Wedges  Mixed Salad | Oven Roast Potatoes  Baked Beans  Green Beans  Mixed Salad | Roast Potatoes  Carrots  Broccoli | Sweetcorn  Green Beans  Potato Wedges  Mixed Salad | Chips  Mushy Peas  Baked Beans  Mixed Salad |
| Dessert  Option A | Ginger & Mandarin Sponge with Custard | Apple Sponge with Custard | Rice Pudding with Chocolate Sprinkle | Lemon Drizzle Cake | Sticky Toffee Pudding with Custard |
| Option B | Fresh Fruit | Fresh fruit | Fresh Fruit | Fresh fruit | Fresh fruit |
| Option C | Yoghurt | Yoghurt | Yoghurt | Yoghurt | Yoghurt |