

CKJS

Menu Week 1 – Monday 2 October, Monday 6 November, Monday 4 December

Monday

Chilli Con Carne
with Rice & Nachos
(Nachos Contain Gluten)

Pasta with Tomato &
Basil Sauce
(Contains Gluten)

Peas
Mixed Salad

Apple Crumble &
Custard
(Contains Gluten & Milk)

Tuesday

Chicken & Vegetable
Wrap with New Potatoes
(Contains Gluten)

Pasta with Fresh Herbs,
Feta Cheese & Olives
(Contains Gluten)

Peas
Buttered Carrots

Chocolate Sponge &
Chocolate Sauce
(Contains Gluten, Egg & Milk)

Wednesday

Chicken Curry with Rice
& Naan Bread
(Poppadum Contains Gluten)

Tomato Pasta Bake
(Contains Gluten)

Sweetcorn
Mixed Salad

Shortbread
& Ice Cream
(Contains Gluten & Milk)

Thursday

Roast Chicken with
Stuffing & Roast
Potatoes
(Stuffing Contains Gluten)

Quorn & Vegetable Pie
(Contains Gluten & Milk)

Baton Carrots
Cauliflower Cheese
(Contains Gluten & Milk)

Strawberry Delight
(Contains Gluten & Milk)

Friday

Fillet of Fish & Chips
(Contains Gluten)

Vegetable Curried Rice

Garden & Mushy Peas
Baked Beans

Ice Cream
(Contains Milk)

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Menu Week 2 – Monday 9 October, Monday 13 November, Monday 11 December

Monday

Pasta & Meatballs in a
Tomato & Basil Sauce
(Contains Gluten)

Cheese & Onion Flan
& Spicy Wedges
(Contains Gluten, Egg & Milk)

Peas
Mixed Salad

Apple & Cherry Crumble
& Custard
(Contains Gluten & Milk)

Tuesday

Chicken & Vegetable Pie
with Mashed Potato
(Contains Gluten)

Pasta with Tomato &
Chilli Sauce
(Contains Gluten)

Broccoli
Carrots

Treacle Sponge
& Custard
(Contains Gluten, Egg & Milk)

Wednesday

Chicken Tikka with Rice
& Naan Bread
(Naan Bread Contains Gluten)

Pasta with Sun Dried
Tomatos, Fresh Herbs &
Feta Cheese
(Contains Gluten)

Sweetcorn
Mixed Salad

Chocolate Crunch &
Custard
(Contains Gluten, Egg & Milk)

Thursday

Roast Gammon with
Stuffing, Roast Potatoes
& Gravy
(Stuffing Contains Gluten)

Macaroni Cheese
(Contains Gluten & Milk)

Baton Carrots
Garden Peas

Strawberry Jelly

Friday

Fillet of Fish & Chips
(Contains Gluten)

Tomato Pasta Bake
(Contains Gluten & Milk)

Garden & Mushy Peas
Baked Beans

Ice Cream
(Contains Milk)

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Menu Week 3 – Mon 18 September, Mon 16 October, Mon 20 November, Mon 18 December

Monday

Hunters Chicken &
Potatoe Wedges

(Contains Milk)

Pasta with Tomato &
Basil Sauce

(Contains Gluten)

Sweetcorn
Mixed Salad

Summer Fruit Crumble
& Custard

(Contains Gluten & Milk)

Tuesday

Cottage Pie

Pasta with Fresh Herbs,
Feta Cheese & Black
Olives

(Contains Gluten & Milk)

Carrots & Broccoli
Mixed Salad

Chocolate & Pear
Sponge & Custard

(Contains Gluten, Egg & Milk)

Wednesday

Chicken Madras with
Rice & Naan Bread

(Naan Bread Contains Gluten)

Tomato Pasta Bake

(Contains Gluten, & Milk)

Peas
Mixed Salad

Strawberry Shortbread
& Ice Cream

(Contains Gluten, Egg & Milk)

Thursday

Roast Chicken with
Yorkshire, Roast
Potatoes & Gravy

(Yorkshire Contains Gluten, Milk
& Egg)

Quorn & Vegetable
Wraps

(Contains Gluten)

Carrots
Savoy Cabbage

Chocolate Delight

(Contains Gluten, Milk)

Friday

Oven Baked Fillet of
Fish & Chips

(Contains Gluten)

Cheese & Onion & Red
Pepper Quiche

(Contains Gluten, Egg & Milk)

Baked Beans
Garden & Mushy Peas

Ice Cream

(Contains Milk)

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Menu Week 4 – Monday 25 September, Monday 30 October, Monday 27 November

Monday

Sausage & Onions with
Mashed Potatoes

(Contains milk)

Pasta with Sun Dried
Tomatoes, Garlic &
Fresh Herbs

(Contains Gluten)

Peas
Mixed salad

Rhubarb & Apple
Crumble & Custard

(Contains Gluten & Milk)

Tuesday

Beef Lasagna & New
Potatoes

(Contains Gluten & Milk)

Roasted Vegetable Cous
Cous

Broccoli Florets
Mixed salad

Jam Sponge & Custard

(Contains Gluten, Egg & Milk)

Wednesday

Sweet & Sour Chicken
with Rice & Prawn
Crackers

(Naan Bread Contains Gluten)

Roasted Vegetable &
Tomato Pasta Bake

(Contains Gluten & Milk)

Sweetcorn
Mixed Salad

Chocolate Crunch
& Chocolate Sauce

(Contains Gluten, Egg & Milk)

Thursday

Roast loin of Pork with
Stuffing, Roast Potatoes
and Gravy

(Stuffing Contains Gluten)

Macaroni Cheese

(Contains Gluten & Milk)

Baton Carrots
Green Beans

Orange Jelly

Friday

Oven Baked Fillet of
Fish & Chips

(Contains Gluten)

Mediterranean Pizza

(Contains Gluten)

Garden & Mushy Peas
Baked Beans

Ice Cream

(Contains Milk)