

MOSS HALL JUNIOR SCHOOL

Autumn - Winter 2018








WEEK 1

3/9, 24/9, 15/10,
12/11, 3/12

Option 1

Monday.	Tuesday.	Wednesday.	Thursday.	Friday.
Creamy Vegetable Pie with a Puff Pastry Top served with New Potatoes	Turkey Burger served in a Bun with Homemade Tomato Sauce	Roast Chicken Thigh served with Stuffing, Roast Potatoes and Gravy	Lamb Bolognaise Pasta Bake	Salmon or Cod Fish Fingers served with Chips

Option 2

Macaroni Cheese 	Vegetable Burger served in a Bun with Homemade Tomato Sauce 	Roast Quorn served with Stuffing, Roast Potatoes and Gravy 	Sweet Potato and Chick Pea Curry served with Rice 	Cheese and Tomato Quiche served with Chips 
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Option 3

Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw
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Vegetables

Cauliflower Roasted Root Vegetables	Carrots Garden Peas	Sweetcorn Steamed Cabbage	Green Beans Carrots	Garden Peas Baked Beans
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Dessert

Flapjack	Fruit Crumble served with Custard	Orange Jelly with Mandarins	Fruity Cookie	Chocolate Sponge with Chocolate Custard
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WEEK 2

10/9, 1/10, 29/10,
19/11, 10/12

Option 1

Monday.	Tuesday.	Wednesday.	Thursday.	Friday.
BBQ Vegetable Pizza served with Potato Wedges	Mild Turkey Curry served with Rice	Roast Chicken Thigh served with Stuffing, Roast Potatoes and Gravy	Shepherds Pie	Battered Fish served with Chips

Option 2

Cheese and Tomato Pizza served with Potato Wedges 	Pesto and Cherry Tomato Pasta Twists 	Sweet Potato and Lentil Wellington served with Roast Potatoes and Gravy 	Mexican Rice Wrap 	Quorn Sausage served with Chips 
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Option 3

Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw
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Vegetables

Broccoli Sweetcorn	Carrots Garden Peas	Sweetcorn Carrots	Roast Parsnips Green Beans	Garden Peas Baked Beans
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Dessert

Winter Berry Sponge with Custard	Wholemeal Shortbread with Apple Slices	Carrot Cake	Gingerbread with Custard	Vanilla Ice Cream
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WEEK 3

17/9, 8/10, 5/11,
26/11, 17/12

Option 1

Monday.	Tuesday.	Wednesday.	Thursday.	Friday.
Vegetable and Chick Pea Jambalaya	Chicken Sausage served with Mashed Potato and Gravy	Roast Turkey served with Stuffing, Roast Potatoes and Gravy	Lamb Lasagne served with Garlic Bread	Golden Fish Fingers served with Chips

Option 2

Cheese and Potato Bake 	Vegetarian Sausage served with Mashed Potato and Gravy 	Roast Quorn served with Stuffing, Roast Potatoes and Gravy 	Vegetable Lasagne served with Garlic Bread 	Spanish Omelette served with Chips 
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Option 3

Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw
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Vegetables

Garden Peas Carrots	Sweetcorn Cauliflower	Butternut Squash Green Beans	Carrots Sweetcorn	Garden Peas Baked Beans
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Dessert

Apple and Cinnamon Whirl	Sticky Toffee Pudding with Toffee Sauce	Jam and Coconut Sponge with Custard	Apple and Cherry Pie with Custard	Gluten Free Chocolate Brownie
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Freshly Baked Bread, Salad Bar, Yoghurt and Fresh Fruit are available daily

We always meet the Government food based standard for school lunches. All of our meals are freshly prepared on site by our team to ensure there are no undesirable additives. Many of our dishes contain hidden vegetables to increase vegetable intake. We are continuously working to reduce the amount of refined sugar in our menus.

THIS MENU SUPPORTS:



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IT'S ALL GOOD