

**RAVENSDALE JUNIOR SCHOOL – SPRING & SUMMER 2017**

**WEEK 1**

| <b>WEEK COMMENCING</b> |                    | <b><u>MONDAY</u></b>  | <b><u>TUESDAY</u></b>   | <b><u>WEDNESDAY</u></b>                                | <b><u>THURSDAY</u></b>  | <b><u>FRIDAY</u></b>  |
|------------------------|--------------------|---|---|--|---|---|
| <b>24.04.17</b>        | <b><u>MEAT</u></b> | Gammon & Pineapple Pasta<br>Spaghetti Hoops<br>Sweetcorn          | Meatballs with Onion Gravy<br>Creamed Potatoes<br>Mixed Vegetables<br>Garden Peas<br>Gravy  | Hot & Kickin' Chicken Rice<br>Sweetcorn<br>Mixed Salad | Roast Pork With Apple Sauce<br>Creamed Potatoes<br>Carrots<br>Cabbage<br>Garden Peas<br>Gravy                                 | Hot Dogs With Onions<br>Oven Chips<br>Baked Beans<br>Sweetcorn          |
| <b>15.05.17</b>        |                    |   |   |  |   |   |
| <b>12.06.17</b>        | <b><u>FISH</u></b> | Tuna Pasta Bake<br>Sweetcorn                                      | Fishcake with Parsley Sauce<br>Creamed Potatoes<br>Mixed Vegetables<br>Garden Peas<br>Gravy | Tuna Scrolls<br>Rice<br>Sweetcorn<br>Mixed Salad       | Poached Salmon, Parsley & Lemon<br>Garnish with Parsley Sauce<br>Creamed Potatoes<br>Carrots, Cabbage<br>Garden Peas<br>Gravy | Oven Baked Battered Mini Fish<br>Oven Chips<br>Baked Beans<br>Sweetcorn |
| <b>03.07.17</b>        |                    |   |   |  |   |   |
| <b>24.07.17</b>        |                    |   |   |  |   |   |
| <b>18.09.17</b>        | <b><u>VEG</u></b>  | Diced Quorn In BBQ Sauce<br>Pasta<br>Spaghetti Hoops<br>Sweetcorn | Curried Vegetable Pasties<br>Creamed Potatoes<br>Mixed Vegetables<br>Garden Peas<br>Gravy   | Hot & Kickin' Quorn Rice<br>Sweetcorn<br>Mixed Salad   | Vegetable Roast<br>Creamed Potatoes<br>Carrots<br>Cabbage<br>Garden Peas<br>Gravy   | Cheese & Onion Quiche<br>Oven Chips<br>Baked Beans<br>Sweetcorn         |
| <b>09.10.17</b>        |                    |   |   |  |   |   |
|                        | <b><u>DES.</u></b> | Lemon Drizzle Slice   | Chocolate Crunch With Raspberries   | Apple Crumble & Custard                                | Fruit Smoothies   | Rosalie Cookie  |

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**WEEK 2**

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|------------------------|--------------------|--|--|--|---|--|
| <b>01.05.17</b>        | <b><u>MEAT</u></b> | Chilli Con Carne with<br>Rice<br>Sweetcorn<br>Peas | Homemade Chicken<br>& Vegetable Pie<br>Creamed Potato<br>Mixed Vegetables<br>Broccoli<br>Gravy | Beef Lasagne<br>With Garlic Bread<br>Sweetcorn<br>Mixed Summer Fruit<br>Salad  | Roast Chicken With<br>Stuffing<br>Roast Potatoes<br>Carrots<br>Cabbage<br>Peas<br>Gravy       | All Day<br>Breakfast<br>Oven Chips<br>Baked Beans<br>Sweetcorn       |
| <b>22.05.17</b>        |                    |  |  |  |   |  |
| <b>19.06.17</b>        | <b><u>FISH</u></b> | Salmon Wrap<br>Rice<br>Sweetcorn<br>Peas           | Baked Cod with<br>Cheese Sauce<br>Creamed Potato<br>Mixed Vegetables<br>Broccoli<br>Gravy      | Fish Fingers in a Cob<br>Sweetcorn<br>Mixed Summer Fruit<br>Salad              | Poached Salmon With<br>Parsley Sauce<br>Roast Potatoes<br>Carrots<br>Cabbage<br>Peas<br>Gravy | Tuna & Sweetcorn<br>Pizza<br>Oven Chips<br>Baked Beans<br>Sweetcorn  |
| <b>10.07.17</b>        |                    |  |  |  |   |  |
| <b>04.09.17</b>        |                    |  |  |  |   |  |
| <b>25.09.17</b>        | <b><u>VEG</u></b>  | Cheese Scrolls<br>Rice<br>Sweetcorn<br>Peas        | Homemade Cheese<br>Pasties<br>Creamed Potato<br>Mixed Vegetables<br>Broccoli<br>Gravy          | Quorn Lasagne<br>With Garlic Bread<br>Sweetcorn<br>Mixed Summer Fruit<br>Salad | Vegetable pie<br>Roast Potatoes<br>Carrots<br>Cabbage<br>Peas<br>Gravy                        | Quorn All Day<br>Breakfast<br>Oven Chips<br>Baked Beans<br>Sweetcorn |
| <b>16.10.17</b>        |                    |  |  |  |   |  |
|                        | <b><u>DES.</u></b> | Jammy<br>Doughnut                                  | Vanilla Ice Cream<br>With Seasonal Fruit<br>& Chocolate Sauce                                  | Chocolate Sponge<br>&<br>Custard   | Seasonal Fruit<br>Muffins   | Fruity Flapjack  |

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**WEEK 3**

| <b>WEEK COMMENCING</b> |                    | <b><u>MONDAY</u></b>   | <b><u>TUESDAY</u></b>  | <b><u>WEDNESDAY</u></b>                                      | <b><u>THURSDAY</u></b>   | <b><u>FRIDAY</u></b>   |
|------------------------|--------------------|--|--|--|--|--|
| <b>08.05.17</b>        | <b><u>MEAT</u></b> | Cheese & Bacon<br>Pizza<br>Pasta<br>Sweetcorn<br>Mixed Summer Fruit<br>Salad   | Beef Cobbler<br>Creamed Potato<br>Broccoli<br>Mixed Vegetables<br>Gravy              | Chicken with Curry<br>Sauce & Mini Naan<br>Rice<br>Sweetcorn | Roast Beef &<br>Yorkshire Pudding<br>Roast Potatoes<br>Cabbage, Carrots<br>Peas<br>Gravy                 | Oven Baked<br>Sausages<br>Oven Chips<br>Baked Beans<br>Sweetcorn |
| <b>05.06.17</b>        |                    |  |  |  |  |  |
| <b>26.06.17</b>        | <b><u>FISH</u></b> | Salmon & Cucumber<br>Wrap<br>Pasta<br>Sweetcorn<br>Mixed Summer Fruit<br>Salad | Cod With Parsley<br>Sauce<br>Creamed Potato<br>Broccoli<br>Mixed Vegetables<br>Gravy | Tuna Pizza<br>Rice<br>Sweetcorn                              | Salmon Nuggets with<br>Parsley & Lemon<br>Garnish<br>Roast Potatoes<br>Cabbage, Carrots<br>Peas<br>Gravy | Fishwich in a<br>Wrap<br>Oven Chips<br>Baked Beans<br>Sweetcorn  |
| <b>17.07.17</b>        |                    |  |  |  |  |  |
| <b>11.09.17</b>        |                    |  |  |  |  |  |
| <b>02.10.17</b>        | <b><u>VEG</u></b>  | Margaretta Pizza<br>Pasta<br>Sweetcorn, Mixed<br>Summer Fruit Salad            | Quorn Cottage<br>Pie<br>Creamed Potato<br>Broccoli<br>Mixed Vegetables<br>Gravy      | Vegetable Jalfrezi<br>& Mini Naan<br>Rice<br>Sweetcorn       | Quorn Sausage &<br>Yorkshire Pudding<br>Roast Potatoes<br>Cabbage, Carrots<br>Peas<br>Gravy              | Cheese & Onion<br>Tart<br>Oven Chips<br>Baked Beans<br>Sweetcorn |
|                        | <b><u>DES.</u></b> | Eves Pudding &<br>Custard  | Frozen Mousse  | Iced Apple<br>Finger   | Assorted<br>Cup Cakes  | Choc<br>Ice  |

