

RAVENSDALE JUNIOR SCHOOL – AUTUMN TERM 2, 2022 & SPRING TERM 2023

WEEK 1

WEEK COMMENCING		<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
31/10/22	<u>MEAT</u>	Ham and Pineapple Pizza Pasta Sweetcorn Peas	Chilli Chicken Rice Green Beans Sweetcorn	Pasta Bolognese Garlic Bread Peas Sweetcorn	Roast Turkey Stuffing Roast Potatoes Gravy Carrots, Peas, Broccoli	Bacon Omelette Oven chips Baked Beans Mushy Peas
21/11/22 12/12/22	<u>FISH</u>	Tuna Pizza Pasta Sweetcorn Peas	Cod Bites Rice Green Beans Sweetcorn	Jacket Potato with Tuna/Cheese Peas Sweetcorn	Salmon Nuggets Roast Potatoes Gravy Carrots, Peas, Broccoli	Fish Stars Oven Chips Baked Beans Mushy Peas
09/1/23 30/1/23 27/2/23 20/3/23	<u>VEG</u>	Tomato Pasta Bake Sweetcorn Peas	Quorn Dippers Rice Green Beans Sweetcorn	Vegetable Bolognese Garlic Bread Peas Sweetcorn	Veggie Pie Roast Potatoes Gravy Carrots, Peas, Broccoli	Cheese and Tomato Quiche Beans Mushy Peas
	<u>DES.</u>	Vanilla Ice-Cream	Jam/Lemon Sponge Custard	Rosalie Biscuit	Jelly and Cream	Assorted Puddings

Available every day: salad bar; bread; fruit platter and a choice of juice or milk

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WEEK 2

WEEK COMMENCING		<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
07/11/22	<u>MEAT</u>	Gammon Pineapple Waffles Beans Sweetcorn	Chicken Curry Rice Naan Bread Sweetcorn Peas	Beef Lasagne Garlic Bread Sweetcorn Coleslaw	Roast Chicken Stuffing Gravy Roast Potatoes Carrots, Peas, Broccoli	Sausage Roll Beans Mushy Peas Oven Chips
28/11/22 19/12/22 16/01/23	<u>FISH</u>	Tuna Wrap Waffles Beans Sweetcorn	Fish Fingers Rice Sweetcorn Peas	Jacket Potato with Cheese/Tuna Mayo Sweetcorn Peas	Fishcake & Parsley Sauce Roast Potatoes Carrots, Peas, Broccoli	Fish Burger in a cob Beans Mushy Peas Oven Chips
06/02/23 06/03/23 27/03/23	<u>VEG</u>	Cheese Scrolls Waffles Beans Sweetcorn	Samosa Rice Sweetcorn Peas	Cheese Pizza Sweetcorn Coleslaw	Veggie Roast Roast Potatoes Carrots, Peas, Broccoli Gravy	Veggie Burger in a cob Beans Mushy Peas Oven Chips
	<u>DES.</u>	Frozen Yogurt	Shortbread	Jam or Sugar Doughnut	Cup Cakes	Assorted Puddings

Available every day: salad bar; bread; fruit platter and a choice of juice or milk

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WEEK 3

WEEK COMMENCING		<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
14/11/22	<u>MEAT</u>	Breaded Chicken Goujons in a wrap Wedges Peas Coleslaw	Sausage Beans Peas Mash Potato	Chicken & Tomato Pasta Bake Garlic Bread Sweetcorn Peas	Roast Beef Yorkshire Pudding Roast Potatoes Broccoli Carrots & Peas Gravy	Chicken Burger Oven Chips Baked Beans Mushy Peas
05/12/22 23/01/23 13/02/23	<u>FISH</u>	Salmon Wrap Wedges Peas Coleslaw	Fish Fingers Beans Peas Mash Potato	Jacket Potato With Cheese/Tuna Mayo Sweetcorn Peas	Breaded Fish Cakes Roast Potatoes Broccoli Carrots, Peas Gravy	Breaded Fish Oven Chips Baked Beans Mushy Peas
13/03/23	<u>VEG</u>	Veggie Fingers Wedges Peas Coleslaw	Cheese Pasties Mashed Potato Beans Peas	Macaroni Cheese Garlic Bread Sweetcorn Peas	Curried Pasty Roast Potatoes Broccoli Carrots, Peas Gravy	Vegan Sausage Roll Oven Chips Baked Beans Mushy Peas
	<u>DES.</u>	Frozen Mousse	Oat Cookies	Chocolate Crispy Cake	Iced Sponge Finger	Assorted Puddings

Available every day: salad bar; bread; fruit platter and a choice of juice or milk