



CONCORD JUNIORS AUTUMN WINTER 2020 MENU

PRIMARY MENU WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1 Main Course	Traditional Sausage With Mash & Gravy	Winter Chicken Casserole	Roast Chicken with Roast Potatoes, Yorkshire Pudding & Gravy	Homemade Beef & Onion Pie with Mash & Gravy	Fish Fingers and Chips with Tomato Ketchup
Option 2 Vegetarian Main Course	Vegetable Sausage & Mash	Cheese & Tomato Pizza with Half Jacket Potato	Quorn Roast with Roast Potatoes, Yorkshire Pudding & Gravy	Macaroni Cheese	Vegetable Curry & Wholegrain Rice
Option 3 Jacket Potato and Filling	Jacket Potato with Cheese and Beans	Jacket Potato with Cheese and Beans	Jacket Potato with Cheese and Beans	Jacket Potato with Cheese and Beans	Jacket Potato with Cheese and Beans
Option 4 Sandwiches	Cheese	Cheese	Hot Roast Baguette	Cheese	Fish Finger Baguette
Vegetables	Mixed Vegetables	Sweetcorn	Carrots	Peas	Baked Beans
Dessert	Ginger Sponge with Custard	Fruity Flapjack	Chocolate Sponge	Vanilla Sponge Muffin	Shortbread Biscuit





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PRIMARY MENU WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1 Main Course	Beef Meatballs in Tomato Sauce with Pasta	Chicken Curry with Wholegrain Rice	Roast Chicken with Stuffing, Mashed Potato & Gravy	Beef Pasta Bolognese & Garlic Bread	Fish Fingers and Chips with Tomato Ketchup
Option 2 Vegetarian Main Course	Quorn Meatballs in Tomato Sauce	Tomato and Basil Pasta	Quorn Roast with Stuffing, Mashed Potato & Gravy	Cheddar Flan with Homemade Potato Wedges	Quorn Fajita & Chips or Vegetable Sausage Fajita
Option 3 Jacket Potato and Filling	Jacket Potato with Cheese and Beans	Jacket Potato with Cheese and Beans	Jacket Potato with Cheese and Beans	Jacket Potato with Cheese and Beans	Jacket Potato with Cheese and Beans
Option 4 Sandwiches	Cheese	Cheese	Hot Roast Baguette	Cheese	Fish Finger Baguette
Vegetables	Sweetcorn	Sweetcorn	Mixed Vegetables	Beans	Beans
Dessert	Hot Chocolate Fudge Cake with Custard	Shortbread	Lemon Drizzle Cake	Feathered Jam Sponge & Custard	Flapjack





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PRIMARY MENU WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1 Main Course	Beef Burger in a Bun Homemade Wedges	Cottage Pie	Roast Chicken with Roast Potatoes, Yorkshire Pudding & Gravy	Homemade Chicken Pie and Mash	Fish Fingers and Chips with Tomato Ketchup
Option 2 Vegetarian Main Course	Veggie Burger in a bun Homemade Wedges	Cheese & Tomato Pizza with 1/2 Jacket Potato	Quorn Roast with Roast Potatoes, Yorkshire Pudding & Gravy	Tomato, Vegetable Sausage & Macaroni Bake	Vegetable Enchilada served with Chips
Option 3 Jacket Potato and Filling	Jacket Potato with Cheese and Beans	Jacket Potato with Cheese and Beans	Jacket Potato with Cheese and Beans	Jacket Potato with Cheese and Beans	Jacket Potato with Cheese and Beans
Option 4 Sandwiches	Cheese	Cheese	Hot Roast Baguette	Cheese	Fish Finger Baguette
Vegetables	Sweetcorn	Beans	Carrots	Mixed Vegetables	Bean
Dessert	Apple Crumble with Custard	Lemon Slice	Chocolate Crunch	Marble Sponge with Custard	Crunchy Biscuit

