Overchurch Junior School – Week One

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef Burgers *Choose from a butcher's quality burger or a Quorn burger served in a bun with homemade wedges and corn on the cob* 	 ***Pasta Bolognaise*** *Choose from either fresh minced beef or veggie mince, cooked with onions, garlic, tomatoes, and herbs served on a bed of pasta with broccoli*	*"OJS"* ***Roast Gammon*** *Freshly roast Gammon or Quorn fillet served with roast potatoes, mixed vegetables, and gravy* 	 ***Sweet Chilli chicken & Rice*** *Fresh Chicken or Quorn pieces, onions and sweetcorn cooked in a sweet chilli sauce and served with rice*	***Fish Friday*** *Choose from either Oven baked breaded fish, fish fingers or a fishcake. served with chips and peas or baked Beans* 
Dessert of the Day	***Dessert of the Day***	***Dessert of the Day***	***Dessert of the Day***	***Dessert of the Day***
Jacket Potatoes and Deli Bar - Available Daily *Design your own sandwich, first choose your bread – wraps, assorted batch, or sliced bread, then choose your filling. A selection of the following will be available daily – ham, cheese, tuna, egg and finally finish with a choice of salad. Carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot, peppers, and pasta salads. (a selection will be available daily)*				

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Overchurch Junior School – Week Two

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pizza Day *A selection of homemade pizza* *Choose from either Cheese & Tomato, or Pepperoni, served with potato wedges and corn on the cob.* 	 ***Chicken Goujons*** *Choose from crumbed chicken goujons or Quorn nuggets baked in the oven and served with rice, sweetcorn and BBQ sauce*	***OJS"*** ***Roast Dinner*** *Freshly roast turkey breast or Quorn fillet with Yorkshire pudding served with roast potatoes, carrots, broccoli, and gravy* 	 ***Scouse*** *Choose from fresh beef or Quorn chunks cooked slowly with onions, carrots, leeks, potatoes, and stock, served with crusty bread*	***Fish Friday*** *Choose from either Oven baked breaded fish, fish fingers, or a fishcake. served with chips and peas or baked Beans* 
Dessert of the Day	***Dessert of the Day***	***Dessert of the Day***	***Dessert of the Day***	***Dessert of the Day***

Jacket Potatoes and Deli Bar - Available Daily

Design your own sandwich, first choose your bread – wraps, assorted batch, or sliced bread, then choose your filling. A selection of the following will be available daily – ham, cheese, tuna, egg and finally finish with a choice of salad. Carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot, peppers, and pasta salads. (a selection will be available daily)

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Overchurch Junior School – Week Three

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pasta Bar Select your pasta, then your sauce and finish with your toppings. Choose from ***Sauces*** - Tomato & Basil or cheese sauce, ***Toppings*** – ham, turkey, cheese, sweetcorn, ***Or*** ***Macaroni Cheese*** Macaroni pasta smothered in a cheese sauce, then topped with cheese then baked in the oven. Served with garlic bread and peas.	***Creamy Chicken Curry*** Fresh chicken breast or Quorn cooked with cumin, coriander, ginger, turmeric, coconut milk and natural yogurt served with rice, naan bread and sweetcorn. 	 ***"OJS"*** ***Roast Dinner*** Choose from a chicken or a Quorn fillet served with roast potatoes, Carrots, and gravy	. ***Sausage and Mash*** Choose from a butcher's quality or a Quorn sausage served on a bed of homemade mash with gravy and green beans 	 ***Fish Friday*** Choose from either Oven baked breaded fish, fish fingers, or a fishcake. served with chips and peas or baked Beans
Dessert of the Day	***Dessert of the Day***	***Dessert of the Day***	***Dessert of the Day***	***Dessert of the Day***
Jacket Potatoes and Deli Bar - Available Daily Design your own sandwich, first choose your bread – wraps, assorted batch, or sliced bread, then choose your filling. A selection of the following will be available daily – ham, cheese, tuna, egg and finally finish with a choice of salad. Carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot, peppers, and pasta salads. (a selection will be available daily)				

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