







Overchurch Junior School - Week One








MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Pasta Bar Select your pasta, then your sauce and finish with your toppings. Choose from (sauces change each week at least 2 sauces available on the day) Sauces - Tomato & Basil, cheese sauce, bolognaise, Mexican madness Toppings - ham, turkey, tuna, cheese, sweetcorn, mushrooms, peppers, red onion Served with garlic bread and peas</p>	 <p>Chicken Korma Fresh chicken or Quorn pieces cooked with onions in a mild spiced sauce with coconut milk and natural yogurt served on a bed of rice with Naan bread</p>	<p>Roast Dinner Freshly roast turkey breast or Quorn fillet with stuffing and Yorkshire pudding served with roast potatoes, carrots, broccoli and gravy</p> 	 <p>Beef Nachos Nachos topped with lean mince beef or minced Quorn cooked in a tomato sauce and topped with sour cream and grated cheese served with sweetcorn, salad and crusty bread</p>	<p>'Fish Fry Day' Choose from either Oven baked battered cod Or Salmon fillet Garnished with lemon and served with chips and peas or baked beans</p> 
Carrot Cake	Chocolate Surprise Cake	Jelly & Cream	Toffee Muffins	Ice Cream
<p>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, various marinated chicken, turkey, roast beef, egg and finally finish with a choice of salad - carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot, peppers, pasta salads, rice salads & cous cous (a selection will be available daily)</p>				



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<p><i>Hotdogs</i></p> <p>Choose from a Butcher's quality sausage or Quorn sausage served in a finger roll</p> 	 <p><i>Chicken Fried Rice</i></p> <p>rice that has been fried with eggs, chicken, vegetables and served with crusty bread</p>	<p><i>Roast Gammon</i></p> <p>Freshly roast Gammon or Quorn fillet served with roast potatoes, carrots, broccoli and gravy</p> 	 <p><i>Spaghetti Bolognese</i></p> <p>Choose from either fresh minced beef or vegimince, cooked with onions, garlic, tomatoes, mushrooms and herbs served on a bed of spaghetti and with roasted peppers</p>	<p><i>'Fish Fry Day'</i></p> <p>Choose from either Oven baked battered cod Or Salmon fillet Garnished with lemon and served with chips and peas or baked beans</p> 
<i>Homemade Rice Pudding</i>	<i>Flapjack</i>	<i>Cup Cakes</i>	<i>Apple crumble</i>	<i>Ice Cream</i>
<p><i>Jacket Potatoes and Deli Bar - Available Daily</i></p> <p>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, various marinated chicken, turkey, roast beef, egg and finally finish with a choice of salad - carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot, peppers, pasta salads, rice salads & cous cous (a selection will be available daily)</p>				



Overchurch Junior School - Week Three



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All Day Breakfast A slice of bacon served with scrambled eggs, mushrooms, tomatoes, baked beans and crusty bread (vegetarian sausage served as an alternative)</p> 	 <p>Pizza Day A selection of homemade pizza, choose from cheese & tomato, ham or pepperoni. Served with potato skins and chopped green salad</p>	<p>Roast Dinner Choose from home roasted topside of Beef or a Quorn fillet served with roast potatoes, stuffing, and gravy</p> 	 <p>Burger Bar Choose from homemade beef burger or a spicy beanburger served on a bun with potato wedges, green beans & salad</p>	<p>'Fish Fry Day' Choose from either Oven baked battered cod Or Fishfingers Garnished with lemon and served with chips and peas or baked beans</p> 
<p>Cheeky Lemon Drizzle Cake</p>	<p>Cornflake cake</p>	<p>Raspberry buns</p>	<p>Banana marble cake</p>	<p>Ice Cream</p>

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, various marinated chicken, turkey, roast beef, egg and finally finish with a choice of salad - carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot, peppers, pasta salads, rice salads & cous cous (a selection will be available daily)

