







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>Popcorn Chicken Choose from pieces of chicken or Quorn dipped in egg and coated in crushed rice crispies, seasoned with garlic and salt and pepper, served with savoury rice and corn on the cob.</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>Meatballs Choose from either Turkey or Quorn meatballs served in a tomato & garlic sauce with spaghetti and Broccoli.</p>	<p>'Fish Fry Day' Choose from either Oven baked battered cod or a fishcake. Garnished with lemon and served with chips and peas or baked Beans</p> 
Muffins	Melting moments	Jelly & Cream	Apple crumble & Custard	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 & couscous (a selection will be available daily)</p>				



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<p>Hot Dogs Either pork or Quorn sausage served in a finger roll with potato wedges and corn on the cob</p> 	 <p>Spaghetti Bolognese Choose from either fresh minced beef or vegi mince, cooked with onions, garlic, tomatoes, and herbs served on a bed of spaghetti and with broccoli</p>	<p>Roast Gammon Freshly roast Gammon or Quorn fillet served with roast potatoes, mixed vegetables and gravy.</p> 	 <p>Chicken Burrito Strips of fresh chicken breast or Quorn cooked with mixed peppers and Cajun seasoning served in a tortilla wrap and rice served with a mixed salad.</p>	<p>Fish Fry Day' Choose from either Oven baked battered cod or a fishcake. Garnished with lemon and served with chips and peas or baked Beans</p> 
<i>Cookies</i>	<i>Shortbread</i>	<i>Rice Krispy cake</i>	<i>Jam sponge & Custard</i>	<i>Ice Cream</i>
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Overchurch Junior School - Week Three



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Pizza Day A selection of homemade pizza Choose from either Cheese & Tomato, or Pepperoni served with potato wedges and corn on the cob.</p> 	<p>Lasagne Fresh mince beef or veggie mince cooked with tomatoes, onions, bay leaves, and stock, layered with lasagne pasta and topped with a béchamel sauce and baked in the oven and served with crusty bread and green beans.</p> 	 <p>Roast Dinner Choose from home roasted topside of Beef or a Quorn fillet served with roast potatoes, stuffing, Carrots, and gravy</p>	<p>Creamy Chicken Curry Fresh chicken breast or Quorn cooked with cumin, coriander, ginger, turmeric, coconut milk and natural yogurt served on a bed of wholegrain rice with naan bread and sweetcorn.</p> 	 <p>Fish Fry Day' Choose from either Oven baked battered cod or a fishcake. Garnished with lemon and served with chips and peas or baked Beans</p>
<i>Cheeky lemon drizzle cake</i>	<i>Chocolate sponge & Chocolate sauce</i>	<i>Flapjack</i>	<i>Iced buns</i>	<i>Ice Cream</i>

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