

# MANOR JUNIOR SCHOOL WEEK 1



Fresh Drinking Water,  
Seasonal Fresh Fruit,  
Low Fat Yogurts,  
Fresh Baked Bread,  
Locally sourced  
Seasonal Salad Bar

30/10 - 13/11 - 27/11 - 11/12 - 8/1 - 22/1 - 5/2 - 26/2 - 11/3 - 25/3

MEAT  
FREE

## MONDAY

**Beef Burger in a Bun**  
**Halal Beef Burger in a Bun**  
**Vegetarian Burger in a Bun**  
**Skin on Wedges**

**Corn on the Cob or Coleslaw**

**Ham or Cheese Roll**

**Seasonal Fresh Fruit**  
**Fruit Cookie**

## TUESDAY

**BBQ Chicken Wrap**  
**Halal BBQ Chicken Wrap**  
**Vegetable Wrap**  
**Rice**

**Peas or Carrots**

**Ham or Cheese Roll**

**Seasonal Fresh Fruit**  
**Brownie with Custard**

## WEDNESDAY

**Cheese & Tomato Pizza**  
**Tomato & Basil Pasta Bake**  
**Garlic Bread**

**Sweetcorn or Coleslaw**

**Tuna or Cheese Roll**

**Seasonal Fresh Fruit**  
**Raspberry Fruit Jelly**

## THURSDAY

**Roast Chicken**  
**Halal Roast Chicken**  
**Winter Vegetable Pie**  
**Roast Potatoes**  
**Yorkshire Pudding & Gravy**  
**Carrots or Swede**

**Egg or Cheese Roll**

**Selection of Fresh Fruit**  
**Fruit Cocktail**

FRUITY  
THURSDAY

## FRIDAY

**Fish Fingers**  
**Salmon Fish Fingers**  
**Cheese & Tomato Flan**  
**Oven Baked Chips**

**Peas or Baked Beans**

**Chicken / Halal Chicken**  
**or Cheese Roll**

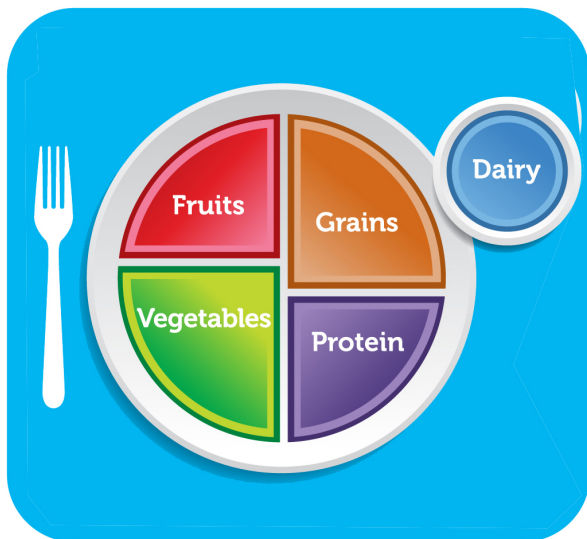
**Seasonal Fresh Fruit**  
**Iced Vanilla Sponge**  
**with Custard**



**Vegetarian / Vegan**

**All Homemade desserts contain organic flour/free range eggs/fair trade sugar/ and are 33% reduced sugar.**

**All of our menus are served with at least two varieties of seasonal Vegetables or Salad.**



# MANOR JUNIOR SCHOOL WEEK 2



Fresh Drinking Water,  
Seasonal Fresh Fruit,  
Low Fat Yogurts,  
Fresh Baked Bread,  
Locally sourced  
Seasonal Salad Bar

6/11 - 20/11 - 4/12 - 18/12 - 4/1 - 15/1 - 29/1 - 12/2 - 4/3 - 18/3

MEAT  
FREE

## MONDAY

**Beef Burrito**   
**Halal Beef Burrito**  
**Macaroni Cheese**  
**Mexican Rice**

**Broccoli or Sweetcorn**

**Ham or Cheese Roll**

**Seasonal Fresh Fruit**  
**Frozen Smoothie**

## TUESDAY

**Chicken Tikka**   
**Halal Chicken Tikka**   
**Vegetable Chilli Con Carne\***  
**Savoury Rice**

**Broccoli or Carrots**

**Ham or Cheese Roll**

**Seasonal Fresh Fruit**  
**Banana & Caramel Cake**  
**with Custard**

## WEDNESDAY

**Cheese & Tomato Pizza**  
**Roasted Vegetable Chimichanga**  
**Garlic Bread**

**Sweetcorn or Coleslaw**

**Tuna or Cheese Roll**

**Seasonal Fresh Fruit**  
**Strawberry Fruit Jelly**

## THURSDAY

**Roast Chicken**   
**Halal Roast Chicken**   
**Vegetable Pasty**  
**Roast Potatoes**   
**Yorkshire Pudding & Gravy**  
**Carrots or Swede**

**Egg or Cheese Roll**

**Seasonal Fresh Fruit**  
**Fruit Cocktail**

FRUITY  
THURSDAY

## FRIDAY

**Fish Fingers**  
**Vegan Sausage Roll**  
**Oven Baked Chips**

**Peas or Baked Beans**

**Chicken / Halal Chicken**  
**or Cheese Roll**

**Seasonal Fresh Fruit**  
**Chocolate Sponge with**  
**Chocolate Sauce**