

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

MANOR JUNIOR SCHOOL

SPRING/SUMMER 2024



MONDAY

Planet Friendly Sausage (vv)
Sausage
Halal Chicken Sausage

Mash (vv)
Peas (vv)
Gravy (v)

Ham or Cheese (v) Roll

Ice Cream (v)
Fruit (vv)

TUESDAY

Sweet Potato Tikka Curry (vv)
Jerk Chicken
Halal Jerk Chicken

Rice (vv)
Broccoli (vv) or Carrots (vv)

Tuna or Cheese (v) Roll

Zingy Orange Biscuit (v)
Fruit (vv)

GO GREEN WEDNESDAY

Roasted Butternut
Squash & Pepper Chimichanga (v)
Margarita Pizza (v)

Garlic Bread (vv)
Coleslaw (v) or Spaghetti Hoops (vv)

Egg (v) or Cheese (v) Roll

Banoffee Cake (v)
Fruit (vv)

THURSDAY

Golden Cheese & Onion Parcel (v)
Roast Chicken
Halal Roast Chicken

Roast Potatoes (vv)(GF)
Carrots & Broccoli (vv)
Yorkshire Pudding (v)
Gravy (vv)(GF)

Tuna or Cheese (v) Roll

Fruit Jelly (vv)
Fruit (vv)

FRIDAY

Homemade
Cheese & Tomato Quiche (v)
Breaded Fish Fingers

Oven Baked Chips (GF)(vv)
Baked Beans or Garden Peas (vv)

Halal / Chicken or Cheese (v) Roll

Rainbow Cookie (v)
Fruit (vv)



Golden Crunch Topped
Macaroni Cheese (v)
Mince Beef Pasta Bolognese
Halal Mince Beef Pasta Bolognese

Sweetcorn (vv)

Ham or Cheese (v) Roll

Pancake with Sauce (v)
Fruit (vv)

The Hearty Taco Boat (vv)
Hunters BBQ Chicken
Halal Hunters BBQ Chicken

Wedges (GF)(v)
Broccoli or Carrots (vv)

Tuna or Cheese (v) Roll

Lemon Crunch Biscuit (vv)
Fruit (vv)

Roasted Mediterranean
Vegetable & Tomato Pasta Bake (vv)
Margarita Pizza (v)

Garlic Bread (v)
Coleslaw (v) or Spaghetti Hoops (vv)

Egg (v) or Cheese (v) Roll

Frosted Carrot Cake (v)
Fruit (vv)

Wholesome Roast Slice (v)
Roast Chicken
Halal Roast Chicken

Roast Potatoes (vv)(GF)
Carrots & Broccoli (vv)
Yorkshire Pudding (v)
Gravy (vv)(GF)

Salmon or Cheese Roll (v)

Fruit Jelly (vv)
Fruit (vv)

Planet Friendly Sausage Roll (vv)
Battered Fish

Oven Baked Chips (vv)(GF)
Baked Beans (vv) or
Garden Peas (vv)

Halal / Chicken or Cheese Roll (v)

Oat Flapjack (v)
Fruit (vv)

Vegetarian (V)
Vegan (VV)
Gluten Free (GF)

All of our menus are served with at least two varieties of seasonal Vegetables or Salad. All Homemade desserts contain organic flour free range eggs/fair trade sugar/and are 33% reduced sugar.

APRIL

S	M	T	W	T	F	S
1	2	3	4	5	6	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

MAY

S	M	T	W	T	F	S
	1	2	3	4		
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

JUNE

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

JULY

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

AUGUST

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

SEPTEMBER

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

OCTOBER

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

