CKJS

Menu Week 1 (w/c, 28th Sept, 2nd Nov, 30th Nov)

(Gluten Free in Green Vegetarian in Purple GF & Vegan in Blue)

	Monday	Tuesday	Wednesday	Thursday	Friday
RED	Chili Con Carne with Basmati Rice & Nachos (Nachos Contain Gluten)	Chicken & Vegetable Pie & New Potatoes (Contains Gluten)	Oven Baked Fillet of Fish & Chips (Contains Gluten & Fish)	Roast Chicken Breast, Sage & Onion Stuffing, Roast Potatoes & Gravy (Stuffing Contains Gluten)	Chicken Curry with rice & Naan Bread (Naan Contains Gluten)
YELLOW	Red Pepper & Spring Onion Quiche served with Potato wedges (Contains Gluten, Egg & Milk)	Pasta with Herbs, Black Olives & Feta Cheese (Contains Gluten & Milk)	Vegetable Sausages & Chips	Macaroni Cheese (Contains Gluten & Milk)	Sun Blushed Tomato Pasta Bake (Contains Gluten & Milk)
GREEN	Jacket Potato Cheese & Beans or Tuna	Jacket Potato Cheese & Beans or Tuna	Jacket Potato Cheese & Beans or Tuna	Jacket Potato Cheese & Beans or Tuna	Jacket Potato Cheese & Beans or Tuna
	Garden Peas Mixed Salad	Broccoli Mixed Salad	Garden Peas or baked Beans	Carrots & Peas	Sweetcorn Mixed Salad
	Apple Crumble & Custard (Contains Gluten & Milk)	Chocolate Sponge & Chocolate Sauce (Contains Gluten, Egg & Milk)	Ice Cream (Contains Milk)	Jelly	Shortbread (Contains Gluten Egg & Milk)

Balcarras
From strength to strength

CKJS

Menu Week 2 (w/c, 7th Sept, 5th Oct, 9th Nov, 7th Dec)

(Gluten Free in Green Vegetarian in Purple GF & Vegan in Blue)

	Monday	Tuesday	Wednesday	Thursday	Friday
RED	Pasta Bolognaise & Garlic Bread (Contains Gluten)	Hunters Chicken & Spicy Potato Wedges (Contains Gluten & Milk)	Oven Baked Fillet of Fish & Chips (Contains Gluten & Fish)	Roast Gammon with Stuffing, Roast Potatoes & Gravy (Stuffing Contains Gluten)	Chicken Tikka Masala with Rice & Naan Bread (Naan Bread Contains Gluten)
YELLOW	Cheese & Red Onion Quiche & New Potatoes	Penne Pasta with Sun Dried Tomato, Fresh Herbs & Feta Cheese (Contains Gluten & Milk	Vegetable Risotto	Vegetable Curry & Basmati Rice	Mediterranean Pasta Bake (Contains Gluten & Milk)
GREEN	Jacket Potato Cheese & Beans or Tuna	Jacket Potato Cheese & Beans or Tuna	Jacket Potato Cheese & Beans or Tuna	Jacket Potato Cheese & Beans or Tuna	Jacket Potato Cheese & Beans or Tuna
	Peas Mixed Salad	Sweetcorn Mixed Salad	Garden Peas or Baked Beans	Carrots & Broccoli Mixed Salad	Mixed Vegetables Mixed Salad
	Apple & Cherry Crumble & Custard (Contains Gluten & Milk)	Treacle Sponge Pudding & Custard (Contains Gluten, Egg & Milk)	Ice Cream (Contains Milk)	Chocolate Mousse (Contains Milk)	Chocolate Brownie (Contains Gluten Egg & Milk)

Balcarras
From strength to strength

CKJS

Menu Week 3 (w/c, 14th Sept, 12th Oct, 16th Nov, 14th Dec)

(Gluten Free in Green Vegetarian in Purple GF & Vegan in Blue)

	Monday	Tuesday	Wednesday	Thursday	Friday
RED	Chicken Hot Pot	Cottage Pie (Contains Milk)	Chicken Burger & Chips (Contains Gluten)	Roast Pork & Stuffing, Roast Potatoes & Gravy (Stuffing Contains Gluten)	Chicken Madras with Rice & Naan Bread (Naan Bread Contains Gluten)
YELLOW	Vegetable & Red Lentil Lasagne (Contains Gluten)	Pasta with Fresh Herbs, Sun Dried Tomatoes & Black Olives (Contains Gluten)	Cheese & Tomato Pizza (Contains Gluten & Milk)	Macaroni Cheese (Contains Gluten & Milk)	Quorn & Vegetable Wraps With new Potatoes
GREEN	Jacket Potato Cheese & Beans or Tuna	Jacket Potato Cheese & Beans or Tuna	Jacket Potato Cheese & Beans or Tuna	Jacket Potato Cheese & Beans or Tuna	Jacket Potato Cheese & Beans or Tuna
	Sweetcorn Mixed Salad	Carrots & Broccoli Mixed Salad	Garden Peas or Baked Beans	Carrots & Peas	Peas Mixed Salad
	Summer Fruit Crumble & Custard (Contains Gluten & Milk)	Chocolate & Vanilla Sponge & Custard (Contains Gluten, Egg & Milk)	Ice Cream (Contains Milk)	Jelly	Chocolate Chip Cookie (Contains Gluten, Soy, Egg & Milk)

Balcarras
From strength to strength

CKJS

Menu Week 4 (w/c 21st Sept, 19th Oct, 23rd Nov, 4th Jan)

(Gluten Free in Green Vegetarian in Purple GF & Vegan in Blue)

	Monday	Tuesday	Wednesday	Thursday	Friday
RED	Pork sausages & Mashed Potato (Contains Gluten & Milk)	Beef Lasagna & New Potatoes (Contains Gluten & Milk)	Oven Baked Fillet of Fish & Chips (Contains Gluten & Fish)	Roast Chicken with Yorkshire Pudding, Roast Potatoes and Gravy (Stuffing Contains Gluten)	Chicken Rogan Josh Curry with Basmati Rice & Naan Bread (Contains Gluten)
YELLOW	Pasta with Sun Dried Tomatoes, Garlic & Fresh Herbs (Contains Gluten)	Mexican 5 Bean Chilli & Rice	Mediterranean Vegetable Pasta (Contains Gluten)	Cauliflower & Broccoli Cheese Bake (Contains Milk)	Roasted Vegetable & Tomato Pasta Bake (Contains Gluten & Milk)
GREEN	Jacket Potato Cheese & Beans or Tuna Peas Mixed salad	Jacket Potato Cheese & Beans or Tuna Broccoli Florets Mixed salad	Jacket Potato Cheese & Beans or Tuna Garden Peas or Baked Beans	Jacket Potato Cheese & Beans or Tuna Carrots & Green Beans Mixed salad	Jacket Potato Cheese & Beans or Tuna Sweetcorn Mixed Salad
	Apple Crumble & Custard (Contains Gluten & Milk)	Jam Sponge & Custard (Contains Gluten, Egg & Milk)	Ice Cream (Contains Milk)	Jelly	Chocolate Shortbread (Contains Gluten, Egg & Milk)

Balcarras
From strength to strength