

# BURLINGTON JUNIOR SCHOOL

Summer 2019



## WEEK 1

22/04, 13/05, 10/06,  
01/07, 22/07

### Option 1

	Monday.	Tuesday.	Wednesday.	Thursday.	Friday.
	Chicken and Sweetcorn Pie served with New Potatoes	Traditional Organic Beef Lasagne	Roast Free Range Chicken Thigh served with Roast Potatoes, Stuffing and Gravy	Pork Sausage served with Mashed Potato and Gravy	Salmon Fish Fingers or Breaded Fish Fingers served with Chips

### Option 2 V Vegetarian

	Macaroni Cheese	Lentil Dahl served with Steamed Rice	Roast Quorn served with Roast Potatoes, Stuffing and Gravy	Vegetarian Sausage served with Mashed Potato and Gravy	Chimichanga served with Chips
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### Option 3

	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw
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### Vegetables

	Cauliflower Green Beans	Carrots Garden Peas	Green Beans Steamed Cabbage	Sweetcorn Carrots	Garden Peas Baked Beans
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### Dessert

	Chocolate Rice Krispie Cake	Flapjack	Apple Sponge with Custard	Fruit Salad with Shortbread Finger	Vanilla Ice Cream
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## WEEK 2

29/04, 20/05,  
17/06, 08/07

### Option 1

	Monday.	Tuesday.	Wednesday.	Thursday.	Friday.
	Pepperoni Pizza served with Herby Diced Potatoes	Organic Beef Pasta Bolognaise	Roast Pork served with Apple Sauce, Roast Potatoes and Gravy	Free Range Chicken Korma served with Steamed Rice	Fish Fingers served with Chips

### Option 2 V Vegetarian

	Cheese and Tomato Pizza served with Herby Diced Potatoes	Spanish Omelette served with New Potatoes	Sweet Potato and Lentil Wellington served with Roast Potatoes	Traditional Vegetarian Lasagne	Vegetable Nuggets served with Chips
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### Option 3

	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw
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### Vegetables

	Garden Peas Baked Beans	Broccoli Sweetcorn	Carrots Cauliflower	Green Beans Carrots	Garden Peas Baked Beans
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### Dessert

	Healthy Eton Mess	Chocolate Orange Sponge with Custard	Berry Cheesecake	Oaty Cookie with Apple Slices	Frozen Strawberry Mousse
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## WEEK 3

06/05, 03/06,  
24/06, 15/07

### Option 1

	Monday.	Tuesday.	Wednesday.	Thursday.	Friday.
	Organic Beef Tacos served with Potato Wedges	American Style Hot Dog	Roast Turkey served with Roast Potatoes, Stuffing and Gravy	Honey and Ginger Free Range Chicken Noodles	Battered Fish served with Chips

### Option 2 V Vegetarian

	Vegetarian Tacos served with Potato Wedges	Vegetarian Sausage Hot Dog	Roast Quorn served with Roast Potatoes, Stuffing and Gravy	Vegetarian Pasta Bolognaise	Vegetable Pattie served with Chips
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### Option 3

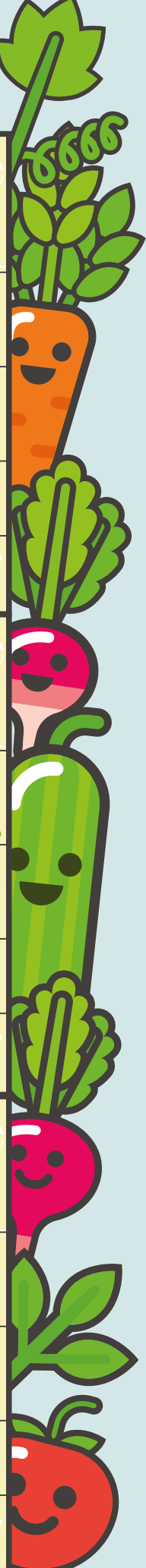
	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw	Jacket Potato with Grated Cheese, Tuna Mayo, Baked Beans or Coleslaw
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### Vegetables

	Sweetcorn Cauliflower	Garden Peas Carrots	Carrots Green Beans	Broccoli Sweetcorn	Garden Peas Baked Beans
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### Dessert

	Marble Sponge with Custard	Fruity Cookie	Mandarins and Orange Jelly	Apple and Berry Crumble with Ice Cream	Gluten Free Chocolate Brownie
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Freshly Baked Bread, Salad Bar, Yoghurt and Fresh Fruit are available daily

THIS MENU SUPPORTS:



We always meet the Government food based standard for school lunches. All of our meals are freshly prepared on site by our team to ensure there are no undesirable additives. Many of our dishes contain hidden vegetables to increase vegetable intake. We are continuously working to reduce the amount of refined sugar in our menus.