

Oyster Bay Catering Menu at Joy Lane Primary School

Autumn & Winter 2022 - 2023

	MEAT-FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Homemade Cheese & Tomato Pizza Baked Potato Wedges Sweetcorn & Baked Beans Fruit & Cream	Mild Jerk Chicken Mushroom & Potato Curry Pineapple Rice Peas Frozen Mousse	Roasted Gammon & Gravy Baked Veggie Sausage Roast Potatoes Carrots & Cabbage Fresh Fruit	Beef Quesadilla Pie Welsh Rarebit Muffin Mexican Rice Broccoli, Mixed Bean Salad Jam Sponge with Custard	Fish Fingers Cheese & Cherry Tomato Quiche Chips Peas & Baked Beans Oaty Biscuit
Week 2	MEAT FREE MONDAY Soya Mince Pasta Bolognese Baked Cauliflower Cheese Mixed Vegetables & Cucumber Salad Fresh Melon	TUESDAY Mild Chicken Curry Coconut & Squash Dhansak Steamed Rice Sweetcorn Pancake with Chocolate Sauce	WEDNESDAY Minced Beef & Yorkshire Pudding & Gravy Quorn Toad in the Hole Roast Potatoes Baby Carrots & Peas Fruit & Ice Cream	THURSDAY Sausage Meat Pie Noodle & Vegetable Spring Roll Mashed Potato Green Beans & Cauliflower Butterscotch Crunch	FRIDAY Oven Baked Battered Fish Mediterranean Lentil Burger Chips, Baked Beans & Mushy Peas Fruity Jelly
Week 3	MEAT FREE MONDAY Jacket Potato with a Choice of Fillings Vegetable Sticks & Mixed Salad Fruit Smoothie	TUESDAY Chicken Meatball Stroganoff Root Vegetable Boulongere Steamed Rice Peas & Cauliflower Shortbread Biscuit	WEDNESDAY Roast Pork & Apple Sauce & Gravy Vegan Sausages Roast Potatoes Green Beans & Carrots Fresh Fruit Salad	THURSDAY Cottage Pie (Beef) Soya Mince & Lentil Hotpot Broccoli & Sweetcorn Carrot Cake	FRIDAY Fish Fingers Salmon & Broccoli Pie Sweet Potato Pattie Chips, Baked Beans & Peas Pineapple & Cream
Week 4	MEAT FREE MONDAY Mac N Cheese Tomato Topped Pasta Spanish Omelette Tomato & Basil Salad Peas Low Sugar Vanilla Ice Cream	TUESDAY Mild Beef Chilli Con Carne Baked Vegan Korma Steamed Rice Mixed Vegetables Chocolate Chip Sponge with Chocolate Custard	WEDNESDAY Roast Chicken with Stuffing & Gravy Soya Mince in Onion Gravy Roast Potatoes Carrots & Broccoli Apple & Cherry Crumble Slice	THURSDAY Oven Baked Sausages Veggie Sausages Mashed Potatoes Cauliflower & Baked Beans Fruit & Jelly	FRIDAY Oven Baked Battered Fish Filet Crumpet Pizza Chips Baked Beans & Peas Flapjack



Available Daily: Freshly Baked Bread, Jacket Potatoes (Limited Availability), Fresh Fruit & Yoghurts