


Gomer Junior School - Lunch Menu

Week One - 28 September, 19 October, 16th November, 7 December 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
RED	SPAGHETTI RAGU WITH OREGANO & SWEET PEPPERS	BEEF MASALA CURRY & RICE	ROAST TURKEY, YORKSHIRE PUDDING & STUFFING	CUMBERLAND SAUSAGE WITH BBQ GRAVY	COD GOUJONS
GREEN Vegetarian 	MARGHERITA PIZZA	VEGGIE LASAGNE & GARLIC BREAD	VEGETABLE & LENTIL LOAF & YORKSHIRE PUDDING	SWEET POTATO & BROCCOLI QUICHE	VEGGIE SAUSAGE BUN
VEGETABLES & SIDES (FOR RED & GREEN OPTIONS)	ROASTED CARROTS SIDE SALAD	SPRING GREENS PAPRIKA ROASTED CAULIFLOWER SIDE SALAD	ROAST POTATOES GARDEN PEAS ROASTED ROOT VEGETABLES SIDE SALAD	CREAMED POTATOES BROCCOLI SWEETCORN SIDE SALAD	CHIPS BAKED BEANS MINTED PEAS SIDE SALAD
PURPLE MUNCH BOX	CHICKEN BURGER	SAUSAGE ROLL	MEATBALL SUB	CHICKEN & BACON PASTA	FISH FINGER WRAP
ORANGE MUNCH BOX	QUORN BURGER	VEGETABLE SAUSAGE ROLL	VEGGIE MEATBALL SUB	VEGETABLE PASTA	CHEESE PIZZA
MUNCH BOX SIDES	VEGETABLE STICKS & WEDGES	VEGETABLE STICKS & WEDGES	SALAD & DICED POTATOES	SALAD	SALAD & CHIPS
DESSERT FOR ALL OPTIONS	OAT & RAISIN COOKIE	APPLE, CINNAMON & DATE CRUMBLE WITH CUSTARD	FRUIT SALAD	ICE CREAM	PEACH IN JELLY WITH CREAM


Gomer Junior School - Lunch Menu

Week Two - 5 October, 2 November, 23 November, 14 December 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
RED	COTTAGE PIE	CHICKEN CURRY, RICE & NAAN	ROAST PORK, YORKSHIRE PUDDING & STUFFING	CHARGRILLED CHICKEN FAJITA WRAP	FISH FINGERS
GREEN  Vegetarian	SWEET POTATO & SPINACH CANNELLONI	VEGETABLE BURGER	FETA, TOMATO & BASIL TART	FALAFEL & SALAD PITTA	VEGETABLE LASAGNE
VEGETABLES & SIDES (RED & GREEN OPTIONS)	SWEETCORN CARROTS SIDE SALAD	BROCCOLI PEAS SIDE SALAD	ROAST POTATOES ROASTED BEETROOT & CARROT GREEN BEANS SIDE SALAD	OVEN BAKED JACKET WEDGES SWEETCORN SIDE SALAD	CHIPS BAKED BEANS MUSHY PEAS SIDE SALAD
PURPLE MUNCH BOX	CHICKEN BURGER	SAUSAGE ROLL	MEATBALL SUB	CHICKEN & BACON PASTA	FISH FINGER WRAP
ORANGE MUNCH BOX	QUORN BURGER	VEGETABLE SAUSAGE ROLL	VEGGIE MEATBALL SUB	VEGETABLE PASTA	CHEESE PIZZA
MUNCH BOX SIDES	VEGETABLE STICKS & WEDGES	VEGETABLE STICKS & WEDGES	SALAD & DICED POTATOES	SALAD	SALAD & CHIPS
DESSERT FOR ALL OPTIONS	STICKY TOFFEE PUDDING & CUSTARD	PEAR IN JELLY WITH CREAM	FRUIT SALAD	SHORTBREAD	OATY FRUIT CRUNCH WITH CUSTARD

Gomer Junior School - Lunch Menu

Week Three - 12 October, 9 November, 30 November 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
RED	BBQ PULLED PORK TACOS	BEEF LASAGNE	ROAST CHICKEN, YORKSHIRE PUDDING & STUFFING	BEEF BURGER WITH BBQ RELISH	FISH
GREEN Vegetarian 	CREAMY TAGLIATELLE	CREAMY BUTTER BEAN STROGANOFF	ROASTED VEGETABLE PASTA BAKE	MARGHERITA PIZZA	MEXICAN VEGETABLE TACO
VEGETABLES & SIDES (FOR RED & GREEN OPTIONS)	CAULIFLOWER GARDEN PEAS SIDE SALAD	CORN ON THE COB GREEN BEANS SIDE SALAD	ROAST POTATOES BRAISED SAVOY CABBAGE ROASTED ROOT VEGETABLES SIDE SALAD	OVEN BAKED SKIN ON WEDGES RED CABBAGE COLESLAW SWEETCORN SIDE SALAD	CHIPS GARDEN PEAS SIDE SALAD
PURPLE MUNCH BOX	CHICKEN BURGER	SAUSAGE ROLL	MEATBALL SUB	CHICKEN & BACON PASTA	FISH FINGER WRAP
ORANGE MUNCH BOX	QUORN BURGER	VEGETABLE SAUSAGE ROLL	VEGGIE MEATBALL SUB	VEGETABLE PASTA	CHEESE PIZZA
MUNCH BOX SIDES	VEGETABLE STICKS & WEDGES	VEGETABLE STICKS & WEDGES	SALAD & DICED POTATOES	SALAD	SALAD & CHIPS
DESSERT FOR ALL OPTIONS	APRICOT CRUMBLE COOKIE	BANANA BREAD WITH CUSTARD	FRUIT SALAD	OAT & RAISIN COOKIE	ICE CREAM