

Spring Summer MENUS 2020

Avenue Junior

Week One Dates 20/04, 11/05, 01/06, 22/06, 13/07, 03/08, 24/08, 14/09, 05/10, 26/10

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Beef & Tomato Meatballs with Pasta & Arrabiata Sauce	Cheesy Topped Chicken Fillet & Baked New Potatoes	Roast Gammon with Roast Potatoes & Gravy	Hunters Chicken with ½ Jacket Potatoes	Baked Fish Fingers & Chips
Vegetarian Main Meal	Mexican Quorn Fajitas & Potato Wedges	Vegetable Curry & Wholegrain Rice	Quorn Roast with Stuffing, Roast Potatoes & Gravy	Wholemeal Cheese & Tomato Pizza with Mixed Salad	Mediterranean Vegetable Lasagne & Crusty Bread
Vegetable Selection	Garden Peas & Carrot Mix	Sweetcorn & Broccoli	Cauliflower Savoy Cabbage	Carrots & Sweetcorn Mix	Baked Beans or Garden Peas
Jacket Potato	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese, Baked Beans				
Pasta	Mon, Wed & Fri. Pasta with Tomato Sauce. Tues & Thur. Pasta with Cheese Sauce				
Dessert	Lemon Drizzle Cake	Chocolate Crispy Cake	Frozen Toffee Yoghurt	Fruit Sponge & Custard	Sultana & Cherry Flapjack

Week Two Dates 27/04, 18/05, 08/06, 29/06, 20/07, 10/08, 31/08, 21/09, 12/10

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Sausage, Mashed Potato & Gravy	Chinese Style Chicken Chow Mein Noodles	Roast Chicken with Yorkshire Pudding, Roast Potatoes & Gravy	Sticky Barbecue Pork with Wholegrain Rice	Baked Fish Fingers & Chips
Vegetarian Main Meal	Macaroni Cheese Topped with Crispy Croutons	Wholemeal Cheese & Tomato Pizza with Mixed Salad	Veggie Sausages with Yorkshire Pudding, Roast Potatoes & Gravy	Tomato & Basil Pasta Bake	Quorn & Vegetable Taco with Lettuce & Salsa
Vegetable Selection	Green Beans & Carrots	Sweetcorn & Pepper Mix	Peas & Carrot Mix	Spring Cabbage Cauliflower	Baked Beans or Garden Peas
Jacket Potato	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese, Baked Beans				
Pasta	Mon, Wed & Fri. Pasta with Tomato Sauce. Tues & Thur. Pasta with Cheese Sauce				
Dessert	Frozen Strawberry Yoghurt	Banana Traybake & Custard	Fruit & Jelly	Homemade Ginger Biscuit	Homemade Chocolate Traybake

Week Three Dates 04/05, 25/05, 15/06, 06/07, 27/07, 17/08, 07/09, 28/09, 19/10

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Beef Burger in a Bun & Baked New Potatoes	Classic Chicken Curry & Wholegrain Rice	Roast Turkey with Stuffing, Roast Potatoes & Gravy	Smoky BBQ Chicken Pieces & Potato Wedges	Baked Fish Fingers & Chips
Vegetarian Main Meal	Veggie Burrito & Baked New Potatoes	Wholemeal Cheese & Tomato Pizza with Mixed Salad	Quorn Roast with Stuffing, Roast Potatoes & Gravy	Vegetarian Pasta Carbonara & Garlic Bread	Veggie Sausage Hotdog & Chips
Vegetable Selection	Sweetcorn & Pepper Mix	Broccoli & Carrots	Savoy Cabbage & Cauliflower	Carrots & Green Bean Mix	Baked Beans or Garden Peas
Jacket Potato	Freshly Baked Jacket Potato with your Choice of Toppings: Tuna & Mayonnaise, Grated Cheese, Baked Beans				
Pasta	Mon, Wed & Fri. Pasta with Tomato Sauce. Tues & Thur. Pasta with Cheese Sauce				
Dessert	Apple Sponge & Custard	Chocolate Brownie	Jelly & Ice cream	Iced Carrot Cake	Toffee Cream Tart

Pick and Mix Selection

Fresh Bread, Salad Bar, Fresh Fruit and Yoghurts Available Daily