

## Stamshaw Junior Spring / Summer Menu 2022

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Week One**

**RED**  
Option 1

Tomato Pasta

Beef Burger in a Bun with  
Potato Wedges

Roast Chicken, Roast Potatoes,  
Stuffing & Gravy

Beef and Red Pepper Pizza  
with Potato Wedges

Fish Fingers with Chips &  
Tomato Sauce

**28<sup>th</sup> Feb**  
**21<sup>st</sup> March**

**GREEN**  
Option 2

Spanish Omelette with New  
Potatoes

Vegan Sausage Hot Dog with  
Potato Wedges

Vegetable Wellington with  
Roast Potatoes & Gravy

Cheese & Tomato Pizza with  
Potato wedges

Vegan Mexican Roll with Chips  
& Tomato Sauce

**25<sup>th</sup> April**  
**16<sup>th</sup> May**  
**13<sup>th</sup> June**

**OTHER**  
Option 3

Jacket Potato with Cheese

Jacket Potato with Beans

Jacket Potato with Tuna  
Mayonnaise

Jacket Potato with Beans

Jacket Potato with Cheese

**4<sup>th</sup> July**

Vegetables

Broccoli  
Cauliflower

Sweetcorn  
Peas

Cabbage  
Carrots

Green Beans  
Sweetcorn

Peas  
Baked Beans

**29<sup>th</sup> August**  
**19<sup>th</sup> September**  
**10<sup>th</sup> October**

Dessert

Carrot Cake with Custard

Apple & Raisin Flapjack

Fresh Fruit & Yoghurt Station

Orange & Cinnamon Cookie

Peaches & Ice Cream

**Week Two**

**RED**  
Option 1

Macaroni Cheese

Spaghetti Bolognaise

Roast Turkey, Roast Potatoes &  
Gravy

BBQ Chicken Pizza with Potato  
Wedges

Fish Fingers with Chips &  
Tomato Sauce

**7<sup>th</sup> March**  
**28<sup>th</sup> March**  
**2<sup>nd</sup> May**

**GREEN**  
Option 2

Vegetable Curry with Rice

Vegan Spaghetti Bolognaise

Roast Quorn, Roast Potatoes,  
Stuffing, & Gravy

Cheese & Tomato Pizza with  
Potato Wedges

Cheese & Bean Pasty with  
Chips

**23<sup>rd</sup> May**  
**20<sup>th</sup> June**  
**11<sup>th</sup> July**  
**05<sup>th</sup> September**  
**26<sup>th</sup> September**  
**17<sup>th</sup> October**

**OTHER**  
Option 3

Jacket Potato with Cheese

Jacket Potato with Beans

Jacket Potato with Tuna  
Mayonnaise

Jacket Potato with Beans

Jacket Potato with Cheese

Vegetables

Sweetcorn  
Cauliflower

Broccoli  
Green Beans

Carrots  
Cabbage

Broccoli  
Sweetcorn

Peas  
Baked Beans

Dessert

Apple & Berry Crumble with  
Ice Cream

Lemon Drizzle Cake

Fresh Fruit & Yoghurt Station

Chocolate Brownie with  
Chocolate Sauce

Apple, Cheese & Crackers

**Week Three**

**RED**  
Option 1

Falafel with Lemon & Herb  
Couscous

Beef Lasagne with Garlic  
Bread

Roast Chicken, Roast Potatoes,  
Stuffing & Gravy

Pork Sausage Hot Dog with  
Potato Wedges

Fish Fingers with Chips &  
Tomato Sauce

**14<sup>th</sup> March**  
**4<sup>th</sup> April**  
**9<sup>th</sup> May**  
**6<sup>th</sup> June**  
**27<sup>th</sup> June**  
**18<sup>th</sup> July**  
**12<sup>th</sup> September**  
**03<sup>rd</sup> October**

**GREEN**  
Option 2

BBQ Quorn Fillet with Rice

Vegetable Enchiladas with  
Rice

Lentil & Basil Puff Pastry, Roast  
Potatoes & Gravy

Cheese & Tomato Pizza with  
Potato Wedges

Cheese & Red Pepper Frittata  
with Chips & Tomato Sauce

**OTHER**  
Option 3

Jacket Potato with Cheese

Jacket Potato with Beans

Jacket Potato with Tuna  
Mayonnaise

Jacket Potato with Beans

Jacket Potato with Cheese

Vegetables

Green Beans  
Cauliflower

Peas  
Sweetcorn

Carrot  
Cabbage

Sweetcorn  
Green Beans

Peas  
Baked Beans

Dessert

Lemon & Mixed Berry Cake

Raspberry Jelly & Mandarins

Fresh Fruit & Yoghurt Station

Pineapple Loaf with Custard

Chocolate Shortbread

**Available Daily:**

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection

**ALLERGY INFORMATION:**  
If you would like to know about particular allergens in foods please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.