Grow
FUEL FOR YOUNG MINDS

Bromley Heath Infants & Juniors



Week One Menu

Served Week Commencing: 2nd Nov, 23rd Nov, 14th Dec, 18th Jan, 8th Feb, 8th March,

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Cheese & Tomato Pizza, Served with Potato Wedges & Seasonal Vegetables	Sweet & Sour Chicken, Served with Rice and Seasonal Vegetables	Roast Gammon, Served with Roast Potatoes and Seasonal Vegetables and Gravy	Sausage and Baked Bean Hotpot, Served with Mashed Potato and Seasonal Vegetables	Battered Fish Fillet, Served with Chips, Peas or Baked Beans and Tomato Sauce
VEGETARIAN	Vegetarian Mince Keema, Served with Potato Wedges & Seasonal Vegetables	Veggie Enchilada, Served with Rice and Seasonal Vegetables	Quorn Fillet Served with Roast Potatoes and Seasonal Vegetables and Gravy	Quorn Sausage and Baked Bean Hotpot, Served with Mashed Potato and Seasonal Vegetables	Veggie Fingers, Served with Chips, Peas or Baked Beans and Tomato Sauce
DELI	Ham, Cheese or Tuna Mayonnaise Sandwich or Wrap	Ham, Cheese or Tuna Mayonnaise Sandwich or Wrap	Ham, Cheese or Tuna Mayonnaise Sandwich or Wrap	Ham, Cheese or Tuna Mayonnaise Sandwich or Wrap	Ham, Cheese or Tuna Mayonnaise Sandwich or Wrap
JACKET POTATO / PASTA	Jacket Potato topped with Cheese, Baked Beans or Tuna Mayonnaise NEW Pasta with Tomato Sauce, Plain or with Grated Cheese	Jacket Potato topped with Cheese, Baked Beans or Tuna Mayonnaise NEW Pasta with Tomato Sauce, Plain or with Grated Cheese	Jacket Potato topped with Cheese, Baked Beans or Tuna Mayonnaise NEW Pasta with Tomato Sauce, Plain or with Grated Cheese	Jacket Potato topped with Cheese, Baked Beans or Tuna Mayonnaise NEW Pasta with Tomato Sauce, Plain or with Grated Cheese	Jacket Potato topped with Cheese, Baked Beans or Tuna Mayonnaise NEW Pasta with Tomato Sauce, Plain or with Grated Cheese
DESSERT	Chocolate Cookie	Banana Traybake & Custard	Orange Jelly with Mandarin	Pear & Chocolate Sponge	Fresh Fruit Friday

AVAILABLE DAILY:

Choice of Bread, Fresh Salad Bar & Water

Seasonal Fresh Vegetables, Fresh Fruit, Yoghurt and Fruit Jelly

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Week Two Menu

Served Week Commencing: 9th Nov, 30th Nov, 4th Jan, 25th Jan, 22nd Feb, 15th March

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Veggie Sausage Roll, Served with Potato Wedges and Seasonal Vegetables	Pork Sausage in a Hotdog Roll with Potato Wedges and Seasonal Vegetables	Roast Chicken with Roast Potatoes, Seasonal Vegetables and Gravy	Chicken & Bacon Pasta Carbonara, Served with Sliced Baguette and Seasonal Vegetables	Battered Fish Fillet, Served with Chips, Peas or Baked Beans and Tomato Sauce
VEGETARIAN	Macaroni Cheese Served with Potato Wedges and Seasonal Vegetables	Quorn Sausage in a Hotdog Roll with Potato Wedges and Seasonal Vegetables	Sweet Potato & Lentil Wellington Served with Roast Potatoes and Seasonal Vegetables and Gravy	Veggie Mince Pasta Bolognaise Served with Sliced Baguette and Seasonal Vegetables	Cheese & Tomato Pizza, Served with Chips, Peas or Baked Beans and Tomato Sauce
DELI	Ham, Cheese or Tuna Mayonnaise Sandwich or Wrap	Ham, Cheese or Tuna Mayonnaise Sandwich or Wrap	Ham, Cheese or Tuna Mayonnaise Sandwich or Wrap	Ham, Cheese or Tuna Mayonnaise Sandwich or Wrap	Ham, Cheese or Tuna Mayonnaise Sandwich or Wrap
JACKET POTATO / PASTA	Jacket Potato topped with Cheese, Baked Beans or Tuna Mayonnaise NEW Pasta with Tomato Sauce, Plain or with Grated Cheese	Jacket Potato topped with Cheese, Baked Beans or Tuna Mayonnaise NEW Pasta with Tomato Sauce, Plain or with Grated Cheese	Jacket Potato topped with Cheese, Baked Beans or Tuna Mayonnaise NEW Pasta with Tomato Sauce, Plain or with Grated Cheese	Jacket Potato topped with Cheese, Baked Beans or Tuna Mayonnaise NEW Pasta with Tomato Sauce, Plain or with Grated Cheese	Jacket Potato topped with Cheese, Baked Beans or Tuna Mayonnaise NEW Pasta with Tomato Sauce, Plain or with Grated Cheese
DESSERT	Lemon Sponge	Chocolate Shortbread	Cheese & Crackers	Apple Crumble & Custard	Fresh Fruit Friday

AVAILABLE DAILY:
Choice of Bread, Fresh Salad Bar & Water
Seasonal Fresh Vegetables, Fresh Fruit, Yoghurt and Fruit Jelly

Grow
FUEL FOR YOUNG MINDS

Bromley Heath Infants & Juniors



Served Week Commencing: 16th Nov, 7th Dec, 11th Jan, 1st Feb, 1st March, 22nd March

Week Three Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Cheese & Tomato Pinwheel, Served with Potato Wedges and Seasonal Vegetables	Beef Burger in a Bun, Served with Potato Wedges and Seasonal Vegetables	Roast Chicken with Roast Potatoes and Seasonal Vegetables and Gravy	Chicken Tikka Curry, Served with Rice and Seasonal Vegetables	Fish Fingers, Served with Chips, Peas or Baked Beans and Tomato Sauce
VEGETARIAN	Chinese-Style Egg Rice, Served with Potato Wedges and Seasonal Vegetables	Veggie Burger in a Bun, Served with Potato Wedges and Seasonal Vegetables	Roasted Quorn Fillet with Roast Potatoes, Seasonal Vegetables and Gravy	Quorn Sausage & Tomato Pasta Served with a Slice of Warm Baguette and Seasonal Vegetables	Cheese & Tomato Pizza Served with Chips, Peas or Baked Beans and Tomato Sauce
DELI	Ham, Cheese or Tuna Mayonnaise Sandwich or Wrap	Ham, Cheese or Tuna Mayonnaise Sandwich or Wrap	Ham, Cheese or Tuna Mayonnaise Sandwich or Wrap	Ham, Cheese or Tuna Mayonnaise Sandwich or Wrap	Ham, Cheese or Tuna Mayonnaise Sandwich or Wrap
JACKET POTATO / PASTA	Jacket Potato topped with Cheese, Baked Beans or Tuna Mayonnaise NEW Pasta with Tomato Sauce, Plain or with Grated Cheese	Jacket Potato topped with Cheese, Baked Beans or Tuna Mayonnaise NEW Pasta with Tomato Sauce, Plain or with Grated Cheese	Jacket Potato topped with Cheese, Baked Beans or Tuna Mayonnaise NEW Pasta with Tomato Sauce, Plain or with Grated Cheese	Jacket Potato topped with Cheese, Baked Beans or Tuna Mayonnaise NEW Pasta with Tomato Sauce, Plain or with Grated Cheese	Jacket Potato topped with Cheese, Baked Beans or Tuna Mayonnaise NEW Pasta with Tomato Sauce, Plain or with Grated Cheese
DESSERT	Shortbread	Chocolate Brownie	Pineapple Upside Down Cake	Apple Sponge & Custard	Fresh Fruit Friday

AVAILABLE DAILY:
Choice of Bread, Fresh Salad Bar & Water
Seasonal Fresh Vegetables, Fresh Fruit, Yoghurt and Fruit Jelly