



YOUR MENU @

**GODWIN
JUNIOR SCHOOL**

----- Autumn - Winter 2023/24 -----

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
First Choice	Sweet Chilli Meatballs with Pasta	Lamb & Lentil Lasagne served with Garlic Bread	Roast Chicken & Stuffing served with Roast Potatoes	Shepherd's Pie	Fish Fingers with Chips
Second Choice	Veggie Frankfurter Hot Dog with Jacket Wedges V	Fish Biryani	BBQ Chicken in a Tortilla Wrap served with Coleslaw	Cheese & Tomato Pizza V	Veggie Quesadilla with Chips V
Vegetarian Choice	Vegetarian Pasta & Mixed Bean Bake PB	Vegetarian Koftas In Flatbread with Greek Salad V	Cheese & Leek Flan served with Roast Potatoes ND V	Vegetable & Lentil Curry served with Rice PB	Veggie Dippers with Chips PB
Vegetable Selection	Sweetcorn Fresh Broccoli	Green Beans Fresh Carrots	Seasonal Fresh Vegetables	Mixed Vegetables Sweetcorn	Garden Peas Baked Beans
Dessert of the Day	Frozen Yogurt with Fruit	ND Banana Slice (egg free) SS	Cinnamon Rice Pudding SS	Apple Crumble with Custard SS	Fruit & Jelly with Ice Cream

Daily Options

Salad Bar / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt

WEEK 1

30 OCT, 20 NOV, 11 DEC, 1 JAN, 22 JAN, 19 FEB, 11 MAR

MEAT SERVED AT THIS SCHOOL IS HALAL

KEY: **V** - Vegetarian **PB** - Plant Based **SS** - Sugar Smart
ND - New Dish **FGR** - In association with Forest Green Rovers

Eat for Free Scheme funded by



DINEin
AND DISCOVER



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WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
First Choice	Chicken Sausages With Mashed Potatoes	Lamb & Vegetable Jollof Rice	Roast Chicken & Yorkshire Pudding with Roast Potatoes	Greek Style Souvlaki Chicken with Rice	Fish Fingers with Jacket Wedges
Second Choice	Piri Piri Chicken with Rice	Jacket Potato with Cheese & Beans V	Spinach & Feta Whirl served with Roast Potatoes V	Ratatouille Ravioli PB	Tandoori Chicken in Naan with Salad
Vegetarian Choice	Thai Style Veggie Rice Bowl PB	Sweet Potato Macaroni Cheese V	Forest Green Rovers Vegan Burger in a Bun with Salad FGR PB	Chickpea & Potato Curry with Rice PB	Vegetarian Sausage Roll with Baked Jacket Wedges PB
Vegetable Selection	Sweetcorn Fresh Broccoli	Fresh Carrots Green Beans	Seasonal Fresh Vegetables	Mixed Vegetables Sweetcorn	Garden Peas Baked Beans
Dessert of the Day	Raspberry Ice Cream Sponge Roll	ND Fruit Pudding & Custard (egg free) SS	Pineapple Cheesecake SS	Lemon & Courgette Cake with Custard SS	Waffles with Fruit & Ice Cream

Daily Options

Salad Bar / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt

WEEK 2

6 NOV, 27 NOV, 18 DEC, 8 JAN, 29 JAN, 26 FEB, 18 MAR

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----- Autumn - Winter 2023/24 -----

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
First Choice	Chicken Burger in a Bun with Salad & Jacket Wedges	Spaghetti Bolognese with Garlic Bread	Roast Chicken served with Yorkshire Pudding & Roast Potatoes	Chicken & Vegetable Pie with Mashed Potatoes	Fish Fingers served with Baked Jacket Wedges
Second Choice	Veggie Keema served with Raita & Naan Bread V	Jacket Potato with Cheese & Beans V	Veggie & Lentil Pasta Bake PB	Lamb Tikka Masala served with Rice	Mexican Chicken Burrito
Vegetarian Choice	Mixed Bean Quesadilla PB	Vegetable Samosa served with Rice & Dhal PB	Vegetable 'Toad in the Hole' served with Roast Potatoes V	Sweet Pepper & Feta Frittata with Mashed Potatoes V	Quorn Pattie Muffin with Baked Jacket Wedges V
Vegetable Selection	Sweetcorn Fresh Broccoli	Green Beans Fresh Carrots	Seasonal Fresh Vegetables	Mixed Vegetables Sweetcorn	Garden Peas Baked Beans
Dessert of the Day	Frozen Yoghurt with Fruit	ND Carrot Cake (egg free) SS	Fruit Smoothie	Chocolate Sponge & Chocolate Custard (egg free) SS	Strawberry Mousse with Fresh Fruit SS

Daily Options

Salad Bar / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt

WEEK 3

13 NOV 4 DEC 15 JAN 5 FEB 4 MAR 25 MAR

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