



# YOUR MENU @

# GODWIN JUNIOR SCHOOL

Spring - Summer 2022

| WEEK I                     | Monday  | Tuesday  | Wednesday   | Thursday   | Friday   |
|----------------------------|---|--|---|--|--|
| <b>First Choice</b>        | Peri Peri Chicken Pasta Bake                                      | Baked Sausages served with Mashed Potatoes                               | Roast Chicken with Lemon Stuffing served with Roast or New Potatoes | Lasagne with Homemade Garlic Slice               | "Catch of the Day" in Batter served with Jacket Wedges |
| <b>Second Choice</b>       | Oriental Vegetable & Quorn Sweet & Sour Stir Fry with Egg Noodles | Chicken Fajita with Peppers, Salsa & Natural Yoghurt                     | 'Fishwich' served In a Bun with Roast or New Potatoes               | Sri Lankan Fish & Lentil Curry with Basmati Rice | Cajun Spiced Roast Vegetable Stew  with Jacket Wedges  |
| <b>Vegetarian Choice</b>   | "The Vegan Burger" served with Tomato, Mushroom & Vegan Mayo      | Veggie Keema & Naan served with Raita                                    | Feta, Spinach & Red Pepper Whirl served with Roast or New Potatoes  | Fresh Pomodoro Pasta Parcels                     | Homemade Pizza Slice served with Jacket Wedges         |
| <b>Vegetable Selection</b> | Sweetcorn<br>Fresh Broccoli                                       | Green Beans<br>Fresh Carrots   | Seasonal<br>Fresh Vegetables  | Mixed Vegetables<br>Sweetcorn                    | Garden Peas<br>Baked Beans                             |
| <b>Dessert of the Day</b>  | Raspberry Ripple Ice Cream<br>Sponge Roll                         | Freshly baked<br>Chocolate Sponge Slice served with<br>Chocolate Custard | Apple Crumble served with<br>Vanilla Ice Cream                      | Freshly baked<br>Plum Cake served with Custard   | Belgian Style Waffle served with Fruit Salad           |
| <b>Daily Options</b>       | Salad Bar / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt     |  |   |  |  |

**WEEK I**

18 APR, 9 MAY, 6 JUN, 27 JUN, 18 JUL, 5 SEPT, 26 SEP, 17 OCT

Meat served at this school is Halal

KEY: - Vegetarian - Plant Based - Sugar Smart  
 - New Dish - In association with Forest Green Rovers

Eat for Free Scheme funded by



# DINEin

AND DISCOVER





# YOUR MENU @

# GODWIN JUNIOR SCHOOL

Spring - Summer 2022

| WEEK 2                     | Monday   | Tuesday   | Wednesday   | Thursday   | Friday   |
|----------------------------|--|---|---|--|--|
| <b>First Choice</b>        | 'New York' Style Meatballs served with Penne Pasta             | Tuna Pizza with Jacket Wedges                       | Roast Turkey with Yorkshire Pudding served with Roast or New Potatoes | Beef or Lamb & Vegetable Jolloff Rice                        | Fish Fingers served with Chips                         |
| <b>Second Choice</b>       | ND Chicken & Plum Stir Fry served with Bok Choi & Noodles      | BBQ Chicken with Jacket Wedges                      | Kickin' Tandoori Chicken Wrap   | ND Creamy Butternut Squash Pasta Bake                        | Cheese & Onion Slice served with Chips                 |
| <b>Vegetarian Choice</b>   | Quorn Frankfurter Hot Dog in a Roll with Tomato & Onion Relish | Mozzarella, Tomato & Basil Pizza with Jacket Wedges | Lentil Roast with Yorkshire Pudding served with Roast or New Potatoes | Southern Style Burger in a Roll with Coleslaw                | ND Beany Tacos with Sweetcorn & Chips                  |
| <b>Vegetable Selection</b> | Sweetcorn<br>Fresh Broccoli                                    | Fresh Carrots<br>Green Beans                        | Seasonal<br>Fresh Vegetables  | Mixed Vegetables<br>Sweetcorn                                | Garden Peas<br>Baked Beans                             |
| <b>Dessert of the Day</b>  | ND Apple & Carrot Cake served with Custard                     | Frozen Yoghurt served with Fruit Salad              | Jelly served with Summer Fruit  | ND Freshly baked Strawberry Yoghurt Cake served with Custard | Freshly baked Black Forest Slice served with Ice Cream |

Daily Options

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

WEEK 2

25 APR, 16 MAY, 13 JUN, 4 JUL, 12 SEPT, 3 OCT

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# GODWIN JUNIOR SCHOOL

Spring - Summer 2022

| WEEK 3                     | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|----------------------------|--|--|--|--|--|
| <b>First Choice</b>        | Japanese Chicken Katsu Curry served with Oriental Vegetable Stir Fry & Noodles | <b>ND</b> Creamy Chicken & Spring Vegetable Potato Topped Pie                | Roast Lamb & Yorkshire Pudding served with Roast or New Potatoes                     | Jerk Spiced Chicken served with Rice & Peas                              | Fish Fingers served with Chips                                 |
| <b>Second Choice</b>       | <b>ND</b> Tomato & Broccoli Mac & Cheese with Rosemary Focaccia <b>V</b>       | Lamb Burger served in a Bun with Salad & Jacket Wedges                       | "Greek on the Street" Chicken Souvlaki served with Folded Flatbread                  | Kickin' Chicken Burrito with Salsa & Coleslaw                            | <b>ND</b> Chicken Tikka Naan with Indian Style Salad & Yoghurt |
| <b>Vegetarian Choice</b>   | Mixed Bean Quesadilla <b>PB</b>  | <b>ND</b> Thai Style Veggie Rice Bowl with Green Beans & Coriander <b>PB</b> | Veggie Sausage 'Toad in the Hole' served with Roast or New Potatoes & Gravy <b>V</b> | Moroccan Style Vegan Tagine with Couscous <b>PB</b>                      | Homemade Veggie Sausage Roll served with Chips <b>PB</b>       |
| <b>Vegetable Selection</b> | Sweetcorn Fresh Broccoli   | Green Beans Fresh Carrots  | Seasonal Fresh Vegetables  | Plantain Sweetcorn   | Garden Peas Baked Beans  |
| <b>Dessert of the Day</b>  | Freshly baked Fruity Flapjack <b>S</b>   | <b>ND</b> Lemon & Lime Cheesecake <b>S</b>                                   | Frozen Fruit Smoothie  | Freshly baked Sticky Mandarin Sponge Cake served with Ice Cream <b>S</b> | Freshly baked Chocolate Shortbread <b>S</b>                    |

Daily Options

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

**WEEK 3**

2 MAY, 23 MAY, 20 JUN, 11 JUL, 19 SEPT, 10 OCT

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

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