



YOUR MENU @

**GODWIN
JUNIOR SCHOOL**

----- Spring - Summer 2025 -----

WEEK 1	'Climate Friendly' Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	'Plant Power' Balls with Rice PB	Klassic Keema with Rice & Naan V	Roast Chicken & Herby Stuffing with Roast Potatoes	Lentil Spaghetti Bolognese PB	Pizza Slice with Chips V
Choice 2	Jacket Potato with Choice of Fillings V	Salmon & Sweet Potato Fishwich with Jacket Wedges	Roast Quorn Fillet & Herby Stuffing with Roast Potatoes V	Quorn Soft Shell Taco with Rice V	Chicken Shawarma in Flatbread
Choice 3	Teriyaki Quorn with Noodles V	Lamb & Lentil Lasagne with Garlic Slice	Spinach & Feta Whirl with Roast Potatoes V	Fruity Caribbean Chicken with Rice & Peas	Fish Fingers with Chips
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 Salad* V	Apple & Berry Crumble with Custard* SS V	Peaches with Greek Yoghurt with Honey Crunch* SS V	Brownie Slice with Ice Cream* SS V	Summer Fruit with Whipped Cream* V
Daily Options		Salad Bar / Freshly Baked Bread / Fresh Fruit / Fruit Yoghurt			

WEEK 1

22 Apr, 12 May, 9 Jun, 30 Jun, 21 Jul, 1 Sep, 22 Sep, 13 Oct

MEAT SERVED AT THIS SCHOOL IS HALAL

KEY: V - Vegetarian PB - Plant Based SS - Sugar Smart
* - (Egg Free Dessert Recipe)

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----- Spring - Summer 2025 -----

WEEK 2	'Climate Friendly' Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	'Mixed Up' Bean Burrito with Salsa & Mexican Salad PB	Crushed Chickpea & Sweetcorn Mayo Wrap PB	Quorn Fillet with Yorkshire Pudding & Roast Potatoes V	Veggie Pasta Bake with Focaccia Slice V	Quorn Dippers with Sweet Chilli Sauce & Chips PB
Choice 2	Rasta Pasta with Jalapeno Bread V	Baked Sausages with Mashed Potatoes	Tuna Melt Panini with Salad & Coleslaw	Lamb & Vegetable Jollof Rice	Sausage & Stuffing Roll with Chips PB
Choice 3	Veggie Frankfurter Hot Dog with Jacket Wedges V	BBQ Kickin' Chicken with Rice	Roast Chicken with Yorkshire Pudding with Roast Potatoes	Calzone Pizza Slice V	Fish in Batter with Chips
Vegetable Selection	Sweetcorn Fresh Broccoli	Garden Peas Baked Beans	Seasonal Fresh Vegetables	Mixed Vegetables Sweetcorn	Fresh Carrots Green Beans
Dessert of the Day	Frozen Orange & Mango Smoothie* PB	Chocolate & Pear Slice with Chocolate Sauce* SS V	Lemon & Sultana Flapjack Slice* SS V	Peach Melba Crumble with Ice Cream* SS V	Jelly with Summer Fruit* PB

Daily Options

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

WEEK 2

28 Apr, 19 May, 16 Jun, 7 Jul, 22 July, 8 Sep, 29 Sep, 20 Oct

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----- Spring - Summer 2025 -----

WEEK 3	'Climate Friendly' Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Vegetable Samosa with Tanga Tarka Dhal & Basmati Rice PB	Jacket Potato with Choice of Fillings V	Chickpea & Potato Curry with Rice PB	Mac & Cheese with Focaccia V	'Plant Power' Pattie Muffin with Chips V
Choice 2	Brilliant Bean & Sweet Potato Quesadilla V	Lamb 'Fable' Burger in a Bun with Jacket Wedges	Quorn Fillet with Yorkshire Pudding & Roast Potatoes V	Southern Quorn Burger in Brioche Bun with Jacket Wedges V	Fish Fingers with Chips
Choice 3	Creamy Cauliflower Korma with Basmati Rice PB	Souvlaki Chicken with Rice	Roast Lamb with Yorkshire Pudding & Roast Potatoes	Roast Chicken Pie with Jacket Wedges	Chicken Tikka Naan with Indian Style Salad & Yoghurt
Vegetable Selection	Sweetcorn Fresh Broccoli	Green Beans Fresh Carrots	Seasonal Fresh Vegetables	Mixed Vegetables Sweetcorn	Garden Peas Baked Beans
Dessert of the Day	Fruit with Frozen Yoghurt* V	Banana Slice with Chocolate Custard* SS V	Tropical Cheesecake* V	Lemon & Berry Cake with Custard* SS V	Summer Fruit Platter with Ice Cream* V

Daily Options

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

WEEK 3

6 May, 2 Jun 23 Jun, 14 Jul, 15 Sep, 6 Oct.

MEAT SERVED AT THIS SCHOOL IS HALAL

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