

Childs Name: _____

Starjumps Lunch time Sample Menu 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One	Cod Bites Or Vegetable Nuggets Potatoes & Beans Jelly or Fruit	Mince Beef in Tomato & Herb Sauce Or Mince Quorn in Tomato & Herb Sauce With Pasta Garlic Bread & Salad Cheesecake or Fruit	Homemade Cheese Pizza With Mini Hash Browns & Sweetcorn Homemade Gingerbread Men Or Fruit	Homemade Quorn Korma Rice Naan Bread & Vegetables Pineapple Upside down Cake & Custard or Fruit	Roast Chicken Or Quorn Fillet With Roast Potatoes Yorkshire Puddings Seasonal Vegetables & Gravy Homemade Cookie or Fruit
Week Two	Beef Or Mixed bean Enchiladas With tomato & pepper rice & Mixed Salad Banana flapjacks Or Fruit	Roast Turkey Or Quorn Fillet With Roast Potatoes Stuffing Yorkshire Puddings Seasonal Vegetables & Gravy Bananas & Custard or Fruit	Homemade Chicken Korma Or Homemade Quorn Korma With Rice Naan Bread & Cauliflower Rice Crispy Cakes or Fruit	Smart crumb Salmon Fillets Or Homemade Lentil Ratatouille With Root Veg & Potato Mash & Peas Carrot Cake or Fruit	Homemade Beef Bolognese Or Homemade Lentil Bolognese With Garlic Bread Spaghetti and Mixed Salad Iced Smoothie Dessert or Fruit
Week Three	Homemade Turkey Meatballs Or Vegetarian Meatballs With Homemade Tomato Sauce Pasta & Sweetcorn Ice cream Roll Or Fruit	Smart crumb Fish Fillet Or Sweet Potato Lentil & Carrot Croquettes Cous Cous & Vegetables Jelly & Ice Cream	Jacket Potatoes With Beans and Cheese & Salad Melon & Pineapple	Homemade BBQ Chicken Or Homemade BBQ Quorn With Cous Cous & Carrot & Swede Batton's Seasonal Fruit Salad	Homemade Chicken Goujons Or Vegetable Fingers with Rosti & Beans Homemade Cupcake Or fruit

**Please circle which meal you would like your child to have for lunch at Starjumps.
As we alternate meals on a 3-week rota, please choose a meal for each session they attend.
Thank you.**

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One	Cauliflower cheese and garlic bread Or Tomato and basil pasta	Jacket potato Chicken mayo Or Quorn mayo Mixed salad	Beans on Toast	Beef lasagne and corn on the cob Or Quorn Lasagne And corn on the cob	
Week Two	Spaghetti Hoops on Toast	Macaroni Cheese & Mixed Salad	Homemade Cheese & Tomato Pasta Bake Carrot & Cucumber	Lamb and pearl barley hotpot Or Vegetable, pearl barley hotpot	
Week Three	Wraps with Tuna and Vegan Mayo Or Wraps with Sliced Quorn & Salad	Chicken Pasta Or Quorn Pasta Cucumber & Peppers	Chicken Goujons and pitta bread Or Quorn dippers and pitta bread And side salad	Cheese and tomato pizza slices With Corn on the cob	

Please circle which meal you would like your child to have for tea at Starjumps.
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Thank you.