

Gomer Junior School Week Three Menu

Week commencing 29th April, 20th May, 17th June, 8th July 2024

Mindful Meat Free Monday

Red option

Roasted vegetable lasagne, served with salad

Green option

Vegetarian chicken-style burger, served with healthy coleslaw and oven-cooked chips

Thinking Tuesday

Red option

Chicken pasta bake served with steamed sweetcorn & Peas

Green option

Mexican bean sausage roll, served with steamed sweetcorn & Peas, crispy potatoes

Wonderful Wednesday

Red option

Creamy Chicken & red lentil curry served with white and brown rice

Green option

Cheese & tomato pizza served with oven-baked chips

Triumphant Thursday

Red option

Sweet chilli glazed beef meatballs served with stir-fried vegetable noodles

Green option

Cheese & vegetarian sausage puff served with vegetable quinoa

Fun Friday

Red option

Fish fingers served with green peas or baked beans and oven-baked chips

Green option

Vegetable fingers served with green peas or baked beans and oven-baked chips

Jacket Potatoes are served daily - cheese, beans or tuna mayonnaise