

# [WEEKLY MENU]



Week 1

Week Commencing: Mon 1st Jan - Mon 22nd Jan - Mon 19th Feb - Mon 11th Mar



Main Dish  
of the  
Day

Vegetarian  
Dish of the  
Day

Vegetable  
Choice

Dessert of  
the Day

Jacket  
Potato Bar

Cold  
Selection

Monday	Tuesday	Wednesday	Thursday	Friday
BBQ Jerk Chicken	Beef Burger & Homemade Potato Wedges (G, SE*, SO)	Roast Turkey & Gravy	Chicken and Tomato Basil Pasta (G, MK)	Fish Fingers & Chips (F, G)
Jerk Vegetable Curry (G*)	Vegetable Bean Burger & Homemade Potato Wedges (G, SE*)	Root Vegetable Wellington (CE, E, G)	Tomato & Basil Pasta (CE, G)	Vegan Nuggets & Chips (G)
Rice & Peas with Seasonal Vegetables	Baked Beans or Coleslaw (E, MU)	Rustic Roast Potatoes & Medley of Seasonal Vegetables	Garlic Bread and Green Salad (G, MK)	Beans or Peas
Banana Sponge with Vanilla Sauce (E, G, MK)	Fruit Jelly	Iced Vanilla Sponge (E, G)	Shortbread Biscuit (G)	Ice Cream (MK)
See Board for Details	See Board for Details	See Board for Details	See Board for Details	See Board for Details
Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit

Allergens:

CE = Celery, CR = Crustacean, E = Eggs, F = Fish, G = Cereals Containing Gluten, L = Lupin, MK = Milk, MO = Molluscs, MU = Mustard, N = Nuts, P = Peanuts, SO = Soya, SU = Sulphur, SE = Sesame Seeds \* = May Contain

Dulwich Hamlet  
Junior School





# [WEEKLY MENU]



Week 2

Week Commencing: Mon 8th Jan - Mon 29th Jan - Mon 26th Feb - Mon 18th Mar

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish of the Day	Spaghetti Beef Bolognese (G)	Pepperoni Pizza (G, MK)	Roast Beef & Gravy	Mild Chicken Tikka Masala & Rice (CE, G*, MK)	Battered Fish & Chips (F, G)
Vegetarian Dish of the Day	Veggie Bolognese with Spaghetti (CE, G)	Veggie Supreme Pizza (G, MK)	Winter Vegetable Quiche & Nut Free Pesto (E, G, MK)	Vegetable & Lentil Dhal Rice (CE, G*)	Homemade Vegan Sausage Roll & Chips (G)
Vegetable Choice	Garlic Bread & Green Salad (G, MK)	Seasoned Potato Wedges & Sweetcorn	Rustic Roast Potatoes & Seasonal Vegetables	Seasonal Vegetables	Beans or Peas
Dessert of the Day	Lemon Drizzle Cake (E, G, SU)	Fruit Jelly	Classic Jam Sponge & Custard (E, G, MK, SO*)	Selection of Fruit Mousse (MK)	Chocolate Orange Sponge with Chocolate Sauce (E, G, MK, SO)
Jacket Potato Bar	See Board for Details	See Board for Details	See Board for Details	See Board for Details	See Board for Details
Cold Selection	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit



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# [WEEKLY MENU]



Week 3

Week Commencing: Mon 15th Jan - Mon 5th Feb - Mon 4th Mar - Mon 25th Mar



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish of the Day	Butchers Sausage & Crushed Potato with Gravy (CE, G, MK, SO, SU)	Sweet & Sour Chicken (CE)	Roast Chicken & Gravy	Beef Lasagne (E*, G, MK)	Fish Fingers & Chips (F, G)
Vegetarian Dish of the Day	Veggie Sausage & Crushed Potato with Gravy (G, MK)	Vegetable Chow Mein (CE*, E, G, MU*, SO)	Roasted Vegetable Filo Parcel & Tomato Sauce (CE, G)	Mac & Cheese (G, MK)	Margherita & Chips (G, MK)
Vegetable Choice	Seasonal Greens	Steamed Rice & Stir Fried Greens	Rustic Roast Potatoes & Seasonal Vegetables	Green Salad or Coleslaw (E, MU)	Beans or Peas
Dessert of the Day	Forest Fruit Traybake (E, G, MK*)	Fruit Jelly	Apple Crumble & Custard (G, MK)	Fruity Flapjack (G)	Double Chocolate Chip Cookie (E, G, MK, SO)
Jacket Potato Bar	See Board for Details	See Board for Details	See Board for Details	See Board for Details	See Board for Details
Cold Selection	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit	Salad Bar Homemade Bread (E*, G, MK, SO) Fresh Fruit

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