



Overchurch Junior School – Week One



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef Burgers Choose from a butcher's quality burger or a Quorn burger served in a bun with homemade wedges and corn on the cob 	 Pasta Bolognaise Choose from either fresh minced beef or veggie mince, cooked with onions, garlic, tomatoes, and herbs served on a bed of pasta with broccoli	"OJS" Roast Gammon Freshly roast Gammon or Quorn fillet served with roast potatoes, mixed vegetables, and gravy 	 Chilli & Rice Either fresh minced beef or Veggie mince cooked with onions, tomatoes, and beans with a mild chilli powder, and served on a bed of rice and broccoli	Fish Friday Choose from either Oven baked breaded fish, fish fingers or a fishcake. served with chips and peas or baked Beans 
Dessert of the Day	Dessert of the Day	Dessert of the Day	Dessert of the Day	Dessert of the Day
Jacket Potatoes and Deli Bar - Available Daily Design your own sandwich, first choose your bread - wraps, assorted batch, or sliced bread, then choose your filling. A selection of the following will be available daily - ham, cheese, tuna, egg and finally finish with a choice of salad. Carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot, peppers, and pasta salads. (a selection will be available daily)				



Overchurch Junior School – Week Two



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pizza Day A selection of homemade pizza Choose from either Cheese & Tomato, or Pepperoni, served with potato wedges and corn on the cob. 	 Chicken Goujons Choose from crumbed chicken goujons or Quorn nuggets baked in the oven and served with rice, sweetcorn and BBQ sauce	OJS” Roast Dinner Freshly roast turkey breast or Quorn fillet with Yorkshire pudding served with roast potatoes, carrots, broccoli, and gravy 	 Scouse Choose from fresh beef or Quorn chunks cooked slowly with onions, carrots, leeks, potatoes, and stock, served with crusty bread	Fish Friday Choose from either Oven baked breaded fish, fish fingers, or a fishcake. served with chips and peas or baked Beans 
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Overchurch Junior School – Week Three



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pasta Bar Select your pasta, then your sauce and finish with your toppings. Choose from <i>Sauces</i> - Tomato & Basil or cheese sauce, <i>Toppings</i> - ham, turkey, cheese, sweetcorn, <i>Or</i> <i>Macaroni Cheese</i> Macaroni pasta smothered in a cheese sauce, then topped with cheese then baked in the oven. Served with garlic bread and peas.	Creamy Chicken Curry Fresh chicken breast or Quorn cooked with cumin, coriander, ginger, turmeric, coconut milk and natural yogurt served with rice, naan bread and sweetcorn. 	 "QJS" Roast Dinner Choose from a chicken or a Quorn fillet served with roast potatoes, Carrots, and gravy	Sausage and Mash Choose from a butcher's quality or a Quorn sausage served on a bed of homemade mash with gravy and green beans 	 Fish Friday Choose from either Oven baked breaded fish, fish fingers, or a fishcake. served with chips and peas or baked Beans
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