

WEEK 1

MONDAY

MEAT CHOICE	Bolognese Sauce
VEGGIE CHOICE	Tomato & Basil Sauce
GRAB AND GO	Pizza Baguettes
SIDES	Penne Pasta (GF), Green Salad
SWEET	Sultana Shortbread & Custard

TUESDAY

MEAT CHOICE	Tandoori Chicken Curry (GF)
VEGGIE CHOICE	Spinach & Sweet Potato Balti
CHEF'S CHOICE	Beef Burger
SIDES	Pilau Rice/Bombay Potato, Curry Roasted Vegetables
SWEET	Chocolate Sponge & Custard



MENU @ JCB ACADEMY

AVAILABLE DAILY

Selection of Salads
Jacket Potato with Various Fillings
Sandwiches & Baguettes
Chef's Selection Grab & Go Cake
(GF) = GF alternative option available

MEAL DEAL
MAIN MEAL WITH HOT PUDDING
ONLY £2.75

WEDNESDAY

MEAT CHOICE	Chicken Skewers with Lemonslaw (GF)
VEGGIE CHOICE	Cantonese Vegetables
CHEF'S CHOICE	Pulled Pork Bao Buns
SIDES	Rice & Peas, Flat Breads, Stir-Fried Vegetables
SWEET	Rice Krispie Cake

THURSDAY

MEAT CHOICE	Roast Pork Loin with Seasoning (GF)
VEGGIE CHOICE	Chilli Con carne with Tortilla Chips
CHEF'S CHOICE	Southern Fried Chicken Burger
SIDES	Creamy Mash Potato, Carrots, Peas
SWEET	Apple Crumble & Custard

FRIDAY

MEAT CHOICE	BBQ Chicken Macaroni & Cheese
VEGGIE CHOICE	BBQ Vegetable Bites
CHEF'S CHOICE	Fish Pie (GF)
SIDES	Bubble & Squeak, Baked Beans
SWEET	Chocolate Chip Cookies

WEEK 2

MONDAY

MEAT CHOICE	Beef Meatballs in Tomato Sauce
VEGGIE CHOICE	Quorn & Mushroom Sauce Tomato Sauce (GF)
CHEF'S CHOICE	Orzo Pasta with Chorizo & Spinach
SIDES	Pasta Twists, Coleslaw, Mixed Salad
SWEET	Flapjack & Custard

TUESDAY

MEAT CHOICE	Katsu Chicken Curry Curried Chicken Pieces (GF)
VEGGIE CHOICE	Vegetable & Bean Lasagne
CHEF'S CHOICE	Chicken Burger
SIDES	Braised 50/50 Rice, Stir-Fried Vegetables
SWEET	Dorset Apple Cake & Custard



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Sandwiches & Baguettes
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(GF) = GF alternative option available

MEAL DEAL
MAIN MEAL WITH CAKE
ONLY £2.75

WEDNESDAY

MEAT CHOICE	Butcher's Sausage & Onion Gravy Chicken Sausage (GF)
VEGGIE CHOICE	Vegetarian Cumberland Sausage & Onion Gravy
CHEF'S CHOICE	Spicy Chicken Baguettes
SIDES	Mashed Potatoes, Garden Peas
SWEET	Strawberry Mousse

THURSDAY

MEAT CHOICE	Roast Turkey & Seasoning (GF)
VEGGIE CHOICE	Quorn Roast
CHEF'S CHOICE	Pizza Baguettes
SIDES	Roast Potatoes, Broccoli, Carrots
SWEET	Apple Crumble & Custard

FRIDAY

MEAT CHOICE	Cheese & Tomato Pizza (GF)
VEGGIE CHOICE	Cheese & Onion Pasty
CHEF'S CHOICE	Beef Burger
SIDES	Chips, Beans, Mushy Peas
SWEET	Coconut and Jam Sponge with Custard

WEEK 3

MONDAY

MEAT CHOICE	Mediterranean Chicken Thigh (GF)
VEGGIE CHOICE	Mexican Vegetarian Hash
CHEF'S CHOICE	Ham & Cheese Panini
SIDES	Braised Rice, Sweetcorn
SWEET	Syrup Sponge & Custard

TUESDAY

MEAT CHOICE	Lasagne & Garlic Bread
VEGGIE CHOICE	Tomato & Pasta Bake (GF)
CHEF'S CHOICE	BBQ Smokey Joes
SIDES	Mashed Potatoes, Green Salad
SWEET	Lemon Drizzle Cake & Custard

MENU @ JCB ACADEMY

WEDNESDAY

MEAT CHOICE	Chicken Chow Mein Chicken Sausages (GF)
VEGGIE CHOICE	Tofu & Steamed Green Vegetables
CHEF'S CHOICE	Pizza Baguettes
SIDES	Boiled Rice, Steamed Vegetables
SWEET	Cookies

AVAILABLE DAILY

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Sandwiches & Baguettes
Chef's Selection Grab & Go Cake
(GF) = GF alternative option available

THURSDAY

MEAT CHOICE	Roast Turkey & Seasoning
VEGGIE CHOICE	Vegan Burgers (GF)
CHEF'S CHOICE	Beef Burger
SIDES	Mash Potato, Carrots & Broccoli
SWEET	Apple Flapjack & Custard

FRIDAY

MEAT CHOICE	Southern Fried Chicken Burger
VEGGIE CHOICE	Jamaican Vegetable Burger Pizza (GF)
CHEF'S CHOICE	Cheese & Potato Slice
SIDES	Chips, Garden Peas
SWEET	Carrot Cake

MEAL DEAL

MAIN MEAL WITH CAKE
ONLY £2.75

