

# Junior School menu

April 2024



**Bedford  
Modern  
School.**

	Breakfast				
	Served daily between 7.30am to 8.30am				
	Monday	Tuesday	Wednesday	Thursday	Friday
Hydration Station	Fresh Orange and Apple juice Water				
Hot food	Pork sausage sandwiches Bacon sandwiches Pastries				
Fruit Bar	Fresh whole fruit				
Side offers	Toasting Station Deli spreads and preserves				
Yoghurt and toppings	Yoghurt with toppings				
	Morning break				
Breaktime drinks	Apple or orange juice carton Selection of milkshakes Water				
Food	Selection of cookies and confectionary				
Fruit Bar	Whole fresh fruit				

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Week 1 W/C 22 April W/C 13 May	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Carrot and ginger	Creamed vegetable	Butternut squash	Leek & Potato	Tomato and red pepper
Main course	Beef bolognese with garlic bread  Gluten Free bolognese	Cumberland sausage ring with red onion gravy  Gluten Free Sausages	Roast pork leg with stuffing and apple sauce	Lamb koftas with toasted pitta bread  Gluten Free Lamb Koftas	Battered Fish with lemon wedge and lemon mayonnaise  Gluten Fish Cake
Vegetarian main course	Vegetable bolognese with garlic bread	Vegan sausage with red onions	Macaroni cheese with garlic bread	Smoked paprika falafel with toasted pitta	Vegan fish fingers
On the side	Steamed pasta (Gluten free option available) Steamed broccoli with peas	Mashed potato Carrot and swede	Roast potatoes Carrots Steamed peas	Scented rice Steamed sweetcorn	Chips Steamed peas Baked Beans
Snack Bar	Selection of jacket potatoes with hot fillings  or  Fresh pasta with a selection of sauces				
Salad Bar	Tomato, cucumber, sweetcorn, grated carrot, mixed leaf				
Dessert	Rice crispy cake	Rhubarb and custard slice	Salted caramel cupcakes	Wheat free fudge	Sticky lemon squares
Selection of fresh whole fruits OR Fresh Yoghurts OR Fresh fruit salad					

# Junior School menu

February 2024



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Week 2 W/C 29 April W/C 20 May	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Carrot and coriander	Chunky vegetable	Chickpea vegetable	Mushroom	Tomato and basil
Main course	<b>Mexican theme day</b>  Mild spiced roasted chicken with peppers and tacos or pitta  Gluten Free option available	Italian beef lasagne with garlic bread  Gluten Free lasagne	Roast gammon with stuffing and gravy	Sticky honey and soy chicken meatballs with noodles  Gluten Free Chicken Meatballs	<b>Pizza bar</b>  Pick your own topping  Gluten Free Pizza
Vegetarian main course	Vegetable pitta bread with cheese	Vegetable lasagne with garlic bread	Cheese and tomato quiche	Sweetcorn fritters with sweet chili sauce	Margarita pizzas add your own topping
On the side	Tortillas Steamed Rice Sweetcorn with leeks	Steamed fresh vegetables	Steamed potatoes with herby butter Carrots Steamed peas	Lemon scented rice Steamed sweetcorn and peppers	Chips Steamed peas Baked Beans
Snack Bar	Selection of jacket potatoes with hot fillings or Fresh pasta with a selection of sauces				
Salad Bar	Tomato, cucumber, sweetcorn, grated carrot, mixed leaf				
Dessert	Apple and rhubarb oaty crumble cake	Chocolate and butternut squash cake	Strawberry scones	Orange and chocolate chip palenta cake	Cake shop treats
Selection of fresh whole fruits OR Fresh Yoghurts OR Fresh fruit salad					

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April 2024



Week 3 W/C 7 May W/C 27 May	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Carrot and ginger	Mixed vegetable	Butternut squash	Minestrone	Tomato and red pepper
Main course	Mild beef chilli with crunchy tortillas Gluten Free chilli	<b>Italian Day</b> Pork meatballs with classic tomato sauce Gluten free meatballs	Roast chicken pie with a rich gravy Gluten free pie	<b>Chinese Day</b> Chicken stir fry Gluten free chicken stir fry	Classic beef burgers with tomato salsa Gluten free chicken burger
Vegetarian main course	Vegetable chilli with crunchy tortillas	Macaronio Pasticcio with herby garlic bread	Vegetable pie	Vegetable chow mein	Beetroot and chickpea burgers in a toasted bun
On the side	Steamed rice Steamed vegetables	Pesto pasta Leeks and peas	Roast potatoes Carrots Steamed peas	Steamed rice Green beans and broccoli	Chips Steamed peas Baked Beans
Snack Bar	Selection of jacket potatoes with hot fillings or Fresh pasta with a selection of sauces				
Salad Bar	Tomato, cucumber, sweetcorn, grated carrot, mixed leaf				
Dessert	Carrot and parsnip cake with lemon frosting	Viennese vanilla whirls	Sticky toffee and banana muffins	Lemon, lime and chia seed drizzle cake	Selection of cookies
Selection of fresh whole fruits OR Fresh Yoghurts OR Fresh fruit salad					

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After school club					
Served from 3.45pm					
	Monday	Tuesday	Wednesday	Thursday	Friday
Drinks	Orange and Apple juice Water				
Food	Sausage rolls  Pizza slices  Selection of cookies and confectionary	Cheese and tomato panini  Ham and cheese panini  Selection of cookies and confectionary	Sausage rolls  Pizza slices  Selection of cookies and confectionary	Cheese and tomato panini  Ham and cheese panini  Selection of cookies and confectionary	Sausage rolls  Pizza slices  Selection of cookies and confectionary
Fruit Bar	Fresh whole fruit				