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IT'S ALL GOOD

CANVEY ISLAND JUNIOR SCHOOL
SPRING/SUMMER 2026

WEEK 1
23/02, 16/03, 20/04, 11/05, 08/06, 29/06

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Pepperoni Pizza with Potato Wedges (M, G)	Chicken Curry with Rice	Roast Chicken with Roast Potatoes, Yorkshire Pudding & Gravy (E, M, G, SD)	Spaghetti Carbonara (G, M)	Fish Fingers with Chips (F, G)
OPTION 2 VEGETARIAN	Cheese & Tomato Pizza with Potato Wedges (M, G)	Mixed Bean Chilli with Rice (Ve)	Cheese & Tomato Pinwheel with Yorkshire Pudding & Roast Potatoes (E, M, G, SD)	Veggie Mince Pasta Bake topped with Cheese (M, G, S)	Vegetable Goujons with Chips (Ve) (G)
OPTION 3	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese or Baked Beans
VEGETABLES	Sweetcorn Broccoli	Green Beans Cauliflower	Carrots Cabbage	Carrots Sweetcorn	Peas Baked Beans
DESSERT	Apple & Cinnamon Cake (E, M, G)	Flapjack with Raisins (Ve) (G)	Lemon Drizzle Cake (E, G)	Vanilla Custard Shortbread (Ve) (G)	Ice Cream with Peaches (M)

WEEK 2
02/03. 23/03, 27/04, 18/05, 15/06, 06/07

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	BBQ Chicken Pizza with Potato Wedges (M, G)	Sweet Chilli Chicken with Rice	Sausages with Roast Potatoes, Yorkshire Pudding & Gravy (E, M, G, SD)	Beef Bolognese with Spaghetti (G)	Fish Fingers with Chips (F, G)
OPTION 2 VEGETARIAN	Cheese & Tomato Pizza with Potato Wedges (M, G)	Cheesy Tomato Pasta Bake (M, G)	Cheese & Tomato Pinwheel with Yorkshire Pudding & Roast Potatoes (E, M, G, SD)	BBQ Bean Burrito (M, G)	Vegetable Goujons with Chips (Ve) (G)
OPTION 3	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese or Baked Beans
VEGETABLES	Sweetcorn Broccoli	Green Beans Cauliflower	Carrots Cabbage	Carrots Sweetcorn	Peas Baked Beans
DESSERT	Apple Crumble Slice (Ve) (G)	Chocolate Slice (Ve) (G)	Pineapple Upside Down Cake (E, G)	Chocolate Crackle Biscuits (E, G)	Ice Lolly (Ve)

WEEK 3
09/03, 13/04, 04/05, 01/06, 13/07

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Cheese & Tomato Pizza with Potato Wedges (M, G)	BBQ Chicken with Rice	Roast Turkey with Roast Potatoes, Yorkshire Pudding & Gravy (E, M, G, SD)	Macaroni Cheese (M, G)	Fish Fingers or Salmon Fish Fingers with Chips (F, G)
OPTION 2 VEGETARIAN	Quorn Nuggets with Potato Wedges (Ve) (G)	Cheese & Baked Bean Wrap (M, G)	Cheese & Tomato Pinwheel with Yorkshire Pudding & Roast Potatoes (E, M, G, SD)	Katsu Vegetables with Rice (Ve) (S)	Vegetable Goujons with Chips (Ve) (G)
OPTION 3	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese or Baked Beans
VEGETABLES	Sweetcorn Broccoli	Green Beans Cauliflower	Carrots Cabbage	Carrots Sweetcorn	Peas Baked Beans
DESSERT	Iced Jaffa Cake (Ve) (G)	Vanilla Sponge (E, G)	Chocolate Cornflake Cake (Ve) (G)	Rainbow Shortbread with Raisins (Ve) (G)	Ice Cream with Peaches (M)

SALAD BAR, FRESH FRUIT AND JELLY AVAILABLE DAILY. WE ALWAYS MEET THE GOVERNMENT FOOD BASED STANDARD FOR SCHOOL LUNCHES. ALL OF OUR MEALS ARE FRESHLY PREPARED ON SITE BY OUR TEAM TO ENSURE THERE ARE NO UNDESIRABLE ADDITIVES. MANY OF OUR DISHES CONTAIN HIDDEN VEGETABLES TO INCREASE VEGETABLE INTAKE. WE ARE CONTINUOUSLY WORKING TO REDUCE THE AMOUNT OF REFINED SUGAR IN OUR MENUS.

THIS MENU SUPPORTS: