

Uplands Junior School HALAL MENU 2023 - 2024

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1 Halal (H)	French Bread Pizza Diced Potatoes (V)	Halal Meat Lasagne, Malted Baguette	Halal Roast Chicken, Stuffing, Gravy, Parsley Potatoes, Veg	Halal Chicken Sausage, Yorkshire Puddings, Mash Potatoes	Fish Fingers or Salmon Fish Fingers, Chips (V)
OPTION 2	Quorn Meatballs in Tomato & Herb Sauce, Spaghetti (V)	Vegetable Pasta Bake, Malted Baguette (V)	Quorn Fillet, Stuffing & Gravy, Parsley Potatoes, Veg	Quorn Sausages, Yorkshire Puddings, Mash Potatoes	Quorn Fingers, Chips (V)
DESSERT	Fruit & Chocolate Muffin	Fruit Cookie	Chocolate Biscuit	Lemon Drizzle Cookie or Apple Crumble & Custard	Ice Cream
WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1 HALAL (H)	Macaroni Cheese, Malted Baguette, Veg	Halal Sweet & Sour Chicken, Noodles (V)	Halal Lamb Pilau, Raita	Halal Lamb in a Bun, Potato Wedges	Flipper Dippers, Chips (V)
OPTION 2	Sweet Potato, Chickpea & Spinach Curry, Rice, Veg	Sweet & Sour Vegetables, Noodles (V)	Cheese & Potato Pie, Malted Baguette (V)	Quorn Burger in a Bun, Potato Wedges (V)	Veggie Fingers, Chips (V)
DESSERT	Chocolate Haystacks	Lemon Shortbread or Fruit Flan	Pear & Chocolate Sponge & Chocolate Sauce	Butter Scotch Cookie	Ice Cream
WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1 Halal (H)	Pizza, ½ Jacket Potato (V)	Chicken Pie, Garlic & Herb, Diced Potatoes (V)	Halal BBQ Chicken, Gravy, Roast Potatoes	Halal Chicken Pasta, Garlic Bread	Battered Fish, Chips
OPTION 2	Tomato Veg Pasta, Malted Baguette (V)	Cheese Flan, Garlic & Herb Potatoes (V)	Roast Quorn Fillet, Gravy, Roast Potatoes	Broccoli & Spaghetti Bake, Malted Baguette (V)	Quorn Dippers, Chips (VE)
DESSERT	Coconut Cookie or Iced Fruit Sponge	Jelly & Fruit or Chocolate Biscuit	Iced Bun	Chocolate Tart	Ice Cream

TIMETABLE
WEEK COMMENCING:
2023
4th September,
25th September,
23rd October,
13th November,
4th December

WEEK COMMENCING:
2024
8th January,
29th January,
26th February,
18th March,
22nd April,
13th May,
10th June,
1st July

TIMETABLE
WEEK COMMENCING:
2023
11th September,
2nd October,
30th October,
20th November,
11th December

WEEK COMMENCING:
2024
15th January,
5th February,
4th March,
8th April,
29th April,
20th May,
17th June,
8th July

TIMETABLE
WEEK COMMENCING:
2023
18th September,
9th October,
6th November,
27th November,
18th December

WEEK COMMENCING:
2024
22nd January,
12th February,
13th March,
15th April,
6th May,
3rd June,
24th June

***KEY:**
V = Vegetarian,
VE = Vegan,
50% Fruit = this pudding contains at least 50% fruit

Disclaimer
We endeavour to serve food as specified on the menu, however, there are some circumstances when this isn't possible. You can be assured that these instances will be kept to an absolute minimum.

For children to have healthier meals at school, over the last few years we have reduced the sugar in our puddings by 20%

Choosing a meal from this menu for your child every day will provide 2-3 portions of their five a day. Seasonal vegetables served daily

For all allergens please ask a member of catering staff

SERVED DAILY
Seasonal vegetables, salad, fruit yogurts, fresh fruit, and drinking water are available daily also Jacket Potatoes & Packed Lunches are available in most schools please check what arrangements are in place in your school.

Uplands Junior School HALAL