



AUTUMN/WINTER 2025 MENU

WEEK 1 CONSETT JUNIOR SCHOOL

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
HOT DISHES	OPTION 1	Cheese and Tomato Pizza with Potato Wedges and Baked Beans		THEME DAY Chicken Katsu with Wholegrain Rice		Minced Beef and Dumplings with Mashed Potato		Breaded Fish Fingers with Chips		
	OPTION 2	Spicy Pasta Bake				Chinese Vegetable Noodles		Veggie Burger with Chips		
	OPTION 3	Tomato Pasta				Tomato Pasta		Tomato Pasta		
	OPTION 4	Ham Sandwich				Cheese and Tomato Panini Melt		Ham Sandwich		
DELI	ALL DISHES ARE SERVED WITH CRUNCHY VEGETABLES AND / OR FRESH SALAD									
VEG	Sweetcorn Salad Bar		Garden Peas Big Bowl Salad		Cabbage Sweetcorn		Green Beans Carrots		Baked Beans Garden Peas	
	Vanilla Crunch		Oatie Cookie with Fruit		Cornflake Tart		Apple Crumble with Custard		Chocolate Ice Cream	



BAKED POTATOES SERVED DAILY

with a Choice of Toppings  

 Vegetarian

 Wholegrain

 Nutritionist's choice



AVAILABLE DAILY

Fresh Fruit, Freshly Baked Bread, Yoghurt and Water

 Oily fish

 Fruity!

 Vegan



Chartwells
Schools



Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for.



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WEEK 2 CONSETT JUNIOR SCHOOL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

HOT DISHES

OPTION
1

Cheese and Tomato
Pizza with Potato
Wedges

OR



OPTION
2

Veggie Sausage in a
Bun with Potato
Wedges

OR



OPTION
3

Tomato Pasta

OR



DELI

OPTION
4

Ham Sandwich

OR



Pork Sausage with
Yorkshire Pudding
Mashed Potato and
Gravy

OR

Cheese and Onion Pie
Mashed Potato and
Gravy

OR



Tomato Pasta

OR



Cheese and Tuna
Panini Melt

OR



Roast Chicken with
Stuffing, Potatoes and
Gravy

OR

Quorn Roast with
Stuffing, Potatoes and
Gravy

OR

Tomato Pasta

OR



Cheese Sandwich

OR



Chicken Korma with
Wholegrain Rice

OR

Macaroni Cheese

OR

Tomato Pasta

OR



Cheese and Tomato
Panini Melt

OR



Breaded Fish Fingers
with Chips

OR

Quorn Dippers with
Chips

OR

Tomato Pasta

OR



Ham Sandwich

OR



ALL DISHES ARE SERVED WITH CRUNCHY VEGETABLES AND / OR FRESH SALAD

VEG

Sweetcorn
Coleslaw

Garden Peas
Carrots

Green Beans
Cabbage

Big Bowl Salad
Sweetcorn

Baked Beans
Garden Peas

DESSERT

Crispy Crackle Bar

Chocolate Cookie with
Fruit

Flapjack with Custard

Lemon Cake

Strawberry Ice Cream



BAKED POTATOES SERVED DAILY

with a Choice of Toppings

Vegetarian

Wholegrain

Nutritionist's choice



AVAILABLE DAILY

Fresh Fruit, Freshly Baked Bread, Yoghurt and Water

Oily fish

Fruity!

Vegan



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WEEK 3 CONSETT JUNIOR SCHOOL

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISHES	OPTION 1	Cheese and Tomato Pizza with Potato Wedges 	Homemade Sausage Roll with Potato Wedges and Baked Beans 	Roast Gammon with Yorkshire Pudding, Mashed Potato and Gravy 	Beef Bolognese with Wholemeal Pasta 	Breaded Fish Fingers with Chips 
	OPTION 2	Macaroni Cheese 	Vegetable Korma with Wholegrain Rice  	Quorn Roast with Yorkshire Pudding, Mashed Potato and Gravy 	Meatless Ball Sub with Potato Wedges  	Quorn Dippers with Chips 
	OPTION 3	Tomato Pasta 	Tomato Pasta 	Tomato Pasta 	Tomato Pasta 	Tomato Pasta 
	OPTION 4	Ham Sandwich 	Cheese and Tuna Panini Melt 	Cheese Sandwich 	Cheese and Tomato Panini Melt 	Ham Sandwich 
ALL DISHES ARE SERVED WITH CRUNCHY VEGETABLES AND / OR FRESH SALAD						
VEG		Big Bowl Salad Sweetcorn 	Salad Bar Garden Peas 	Carrots Cabbage 	Big Bowl Salad Sweetcorn 	Baked Beans Garden Peas 
DESSERT		Chocolate Marble Cake	Flapjack with Fruit 	Raspberry Yoghurt Cake with Custard 	Lemon Cookie with Fruit 	Vanilla Ice Cream



BAKED POTATOES SERVED DAILY

with a Choice of Toppings

 Vegetarian

 Wholegrain

 Nutritionist's choice



AVAILABLE DAILY

Fresh Fruit, Freshly Baked Bread, Yoghurt and Water

 Oily fish

 Fruity!

 Vegan

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