

Discovery College (Y1-2)
April Menu 2015 Junior Menu: Week 1-3



Easter Holidays

13-Apr (Monday) SUPER GREEN MONDAY	14-Apr (Tuesday)	15-Apr (Wednesday)	16-Apr (Thursday)	17-Apr (Friday)
A Mild Thai Coconut & Lentil Curry	A Sage and Apple Pork Chop w/ Diced Potato	A Tropicale Pizza w/ Sweet Corn, Ham & Pineapple & Mozzarella	A Pork Stew w/ Potato, Vegetables	Primary Athletics Day
B Sweetcorn and Leek Pasta Bake	B Baked Fish with Red Pesto Sauce and Pasta	B Beef Fried Rice with Fresh Tomato	B Tuna Salad Sandwich	
C Vegetable Biryani	C Chickpea and Apricot Tagine with Rice	C Vegetarian Gumbo	C Braised Tofu Taiwan Style	
Salad Mexican Salad	Salad Apple Waldorf	Salad Caesar Salad	Salad Roasted Vegetables Salad	
Fruit Mixed Fruit Salad	Fruit Fresh Fruit	Fruit Mixed Fruit Salad	Fruit Fresh Fruit	
Drink 100% Fruit Juice	Drink Low Sugar Soya Milk	Drink 100% Fruit Juice	Drink Low Sugar Soya Milk	

Discovery College (Y1-2)
April Menu 2015 Junior Menu: Week 4-5

20-Apr (Monday)	21-Apr (Tuesday)	22-Apr (Wednesday)	23-Apr (Thursday) Indian Theme Day	24-Apr (Friday)
A Chicken & Sweetcorn Pie w/ Mash Potatoes	A Roast Pork Loin w/ Onion Gravy and Baked Potatoes	A Americano Pizza (Pepperoni, Mozzarella)	A Mild Tandoori Chicken w/ Pilaf Rice	A Cajun Roast Chicken with Garlic Potatoes
B Ginger & Leek Stir-fried Beef w/ Rice	B Japanese Sushi	B Salsa Verde Sole w/ Pasta	B Beef Balti with Bombay Potatoes	B Braised Pork and Pumpkin w/ Rice
C Sweet Potato & Bean Chilli with Rice	C Mushroom and Gherkin Stroganoff w/ Rice	C Stir-fried Veg with Bean Sprouts, Sugarsnaps & Tofu	C Cauliflower and Pumpkin Korma	C Vegetarian Lasagne
Salad Broccoli Salad	Salad Cherry Tomato Salad	Salad Coleslaw	Salad Pasta Salad	Salad Garden Green Salad
Fruit Mixed Fruit Salad	Fruit Fresh Fruit	Fruit Mixed Fruit Salad	Fruit Fresh Fruit	Fruit Mixed Fruit Salad
Drink 100% Fruit Juice	Drink Low Sugar Soya Milk	Drink 100% Fruit Juice	Drink Low Sugar Soya Milk	Drink 100% Fruit Juice

27-Apr (Monday)	28-Apr (Tuesday)	29-Apr (Wednesday)	30-Apr (Thursday)
A Pork Chops in Parmesan Breadcrumbs w/ Pasta	A Teriyaki Chicken Steak w/ Rice	A BBQ Chicken Mushroom Pizza	A Pork Goulash with Steamed Potatoes
B Chicken & Apricot Tagine w/ Rice	B Cajun Fish Stew with Potatoes	B Chilli Con Carne w/ Rice	B Sausage Roll
C Egg Salad Sandwich	C Vegetarian Ma Po Tofu w/ Rice	C Cumin and Tomato Chickpea Stew w/ Rice	C Mixed Pepper Lasagne
Salad Potato Salad	Salad Sweet Corn Salad	Salad Apple Waldorf Salad	Salad Caesar Salad
Fruit Mixed Fruit Salad	Fruit Fresh Fruit	Fruit Mixed Fruit Salad	Fruit Fresh Fruit
Drink 100% Fruit Juice	Drink Low Sugar Soya Milk	Drink 100% Fruit Juice	Drink Low Sugar Soya Milk

EAT MOST These foods should form the basis of your diet. So fill up on them.

EAT MODERATELY Best eaten in moderation. These foods are still important for a balanced diet.

EAT LESS Don't have too much of these. Just treat ourselves every so often.



How was your meal today? Please share your thoughts.

Discovery College (Y1-2) May 2015 Junior Menu: Week 1-2

4-May (Monday) GREEN MONDAY	5-May (Tuesday)	6-May (Wednesday)	7-May (Thursday)	8-May (Friday)
A Vegetarian Moussaka	A Minced Beef Wellington w/ Baked Potato Cubes	A Meat Lover's Pizza	Grilled Fish in Lemon & Caper Butter w/ Steamed Potatoes	A Sweet & Sour Pork w/ Ginger Rice
B Vegetable Enchil	B Chicken Salad Sandwich	B Honey Mustard Baked Chicken w/ Mash	B Japanese Pork Ginger Saute with Rice	B Cottage Pie
C Broccoli and Cheese Frittata	C Teriyaki Tofu w/ Rice	C Pumpkin & Sweet Potato Risotto	C Pesto Roast Med Vegetables w/ Tor Cous Cous	C Aubergine Parmigiana
Salad	Salad	Salad	Salad	Salad
Egg Salad	Apple Waldorf Salad	Caesar Salad	Coleslaw	Celery & Carrot Sticks
Fruit	Fruit	Fruit	Fruit	Fruit
Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad
Drink	Drink	Drink	Drink	Drink
100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice
11-May (Monday)	12-May (Tuesday)	13-May (Wednesday)	14-May (Thursday) Japanese Theme Day	15-May (Friday)
A Spaghetti Bolognaise	A Beef Keema w/ Rice	A LA Reine Pizza (Ham, Mozzarella, Mushroom)	A Chicken Teriyaki w/ Mixed Grain Rice	A Grilled Chicken Burger
B Oyster Sauce Braised Pork w/ Rice	B Tuna Salad Sandwich	B Teriyaki Grilled Chicken w/ Rice	B Pork Outlet w/ Mild Curry Sauce & Rice	B Fried Shanghai Noodle w/ Shredded Pork
C Rustic Ratatouille Pasta	C Braised Tofu w/ Mix Mushroom w/ Rice	C Vegetarian Paella	C Tomato Basil Sauce w/ Pasta	C Braised Vegetable Lo Hon Style w/ Rice
Salad	Salad	Salad	Salad	Salad
Potato Salad	Sweet Corn Salad	Roasted Vegetables Salad	Cherry Tomato Salad	Asian Coleslaw
Fruit	Fruit	Fruit	Fruit	Fruit
Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad
Drink	Drink	Drink	Drink	Drink
100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice



These foods should form the basis of your diet. So fill up on them.



Best eaten in moderation. These foods are still important for a balanced diet.



Don't have too much of these. Just treat ourselves every so often.



How was your meal today? Please share your thoughts.

Discovery College (Y1-2) May 2015 Junior Menu: Week 3-4

18-May (Monday)	19-May (Tuesday)	20-May (Wednesday)	21-May (Thursday)	22-May (Friday)
A Apple and Sage Pork Chop w/ Mash	A Chicken & Leek Pie w/ Steamed Potatoes	A BBQ Chicken Pizza w/ Sweet Corn	A Penne Bolognaise Bake	ESF CPD DAY
B Chicken & Watercress Lasagne	B Japanese Sushi	B Fried Fish w/ Sweetcorn Sauce & Rice	B Boston Style Roast Pork w/ Mash	
C Mushroom Stroganoff w/ French Bread	C Fried Rice w/ Assort Veggies	C Country Style Tofu w/ Rice	C Vegetable Roll Mash	
Salad	Salad	Salad	Salad	
Veggie Sticks w/ Yoghurt	Apple Waldorf Salad	Caesar Salad	Coleslaw	
Fruit	Fruit	Fruit	Fruit	Fruit
Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad	Fresh Fruit	Fruit
Drink	Drink	Drink	Drink	Drink
100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice
25-May (Monday)	26-May (Tuesday)	27-May (Wednesday)	28-May (Thursday) Mexican Theme Day	29-May (Friday)
BUDDHA'S BIRTHDAY	A Cajun Chicken & Vegetable Roast w/ Rice	A Hawaiian Pizza	A Chicken Acapulco w/ Refried Beans	A Beef Lasagne
	B Sausage Roll	B Parsley Crusted Baked Fish w/ Rice	B Ground Beef Burritos	B Pork Chop w/ Grilled Pineapple & Mash
	C Zucchini and Tomato Pasta Bake	C Mild Vegetarian Ma Po Tofu w/ Rice	C Bean Chilli w/ Avocado and Rice	C Vegetable Slice w/ Tomato Sauce Rice
	Salad	Salad	Salad	Salad
	Garden Green Salad	Roasted Vegetables	Tomato & Pepper Salsa	Apple Waldorf Salad
Fruit	Fruit	Fruit	Fruit	Fruit
Fresh Fruit	Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad	Mixed Fruit Salad
Drink	Drink	Drink	Drink	Drink
100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice



These foods should form the basis of your diet. So fill up on them.



Best eaten in moderation. These foods are still important for a balanced diet.



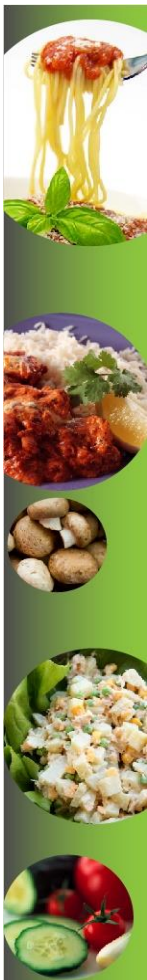
Don't have too much of these. Just treat ourselves every so often.



How was your meal today? Please share your thoughts.



Discovery College (Y1-2) June 2015 Junior Menu: Week 1-2



1-Jun (Monday) GREEN MONDAY	
A	Vegetable Coconut Curry w/ Rice
B	Moroccan Vegetable Bake w/ Egg & Cous Cous
C	Stir-Fried Shanghai Noodles w/ Vegetables
Salad	
Mixed Bean Salad	
Fruit	
Mixed Fruit Salad	
Drink	
100% Fruit Juice	

2-Jun (Tuesday)	
A	Beef Lasagne
B	Tuna Salad Sandwich
C	Vegetable Cobbler
Salad	
Potato Salad	
Fruit	
Fresh Fruit	
Drink	
Low Sugar Soya Milk	

3-Jun (Wednesday)	
A	Hawaiian Pizza w/ Sweet Corn
B	Chicken in Oyster Sauce w/ Rice
C	Chunky Vegetable Stew
Salad	
Caesar Salad	
Fruit	
Mixed Fruit Salad	
Drink	
100% Fruit Juice	

4-Jun (Thursday)	
A	Steamed Fish w/ Ginger, Spring Onion & Rice
B	Pork Goulash w/ Pasta
C	Vegetable Biryani
Salad	
Coleslaw	
Fruit	
Fresh Fruit	
Drink	
Low Sugar Soya Milk	

5-Jun (Friday)	
A	Beef Burger
B	Piri Piri Chicken w/ Rice
C	Aubergine Parmigiana
Salad	
Sweet Corn Salad	
Fruit	
Mixed Fruit Salad	
Drink	
100% Fruit Juice	

8-Jun (Monday)	
A	Californian Grilled Fish w/ Herb Potato
B	Black Bean, Garlic & Pumpkin Braised Pork w/ Rice
C	Pumpkin & Cauliflower Korma w/ Rice
Salad	
Caesar Salad	
Fruit	
Mixed Fruit Salad	
Drink	
100% Fruit Juice	

9-Jun (Tuesday)	
A	Lemon Chicken w/ Rice
B	Aussie Beef Pie w/ Mash
C	Braised Assorted Vegetables w/ Glass Noodles
Salad	
Cherry Tomato Salad	
Fruit	
Fresh Fruit	
Drink	
Low Sugar Soya Milk	

10-Jun (Wednesday)	
A	Margherita Pizza
B	Korean Pork Bulgogi w/ Rice
C	Chicken Tetrazzini
Salad	
Potato Salad	
Fruit	
Mixed Fruit Salad	
Drink	
100% Fruit Juice	

11-Jun (Thursday) TURKISH THEME DAY	
A	Beef Stuffed Peppers w/ Cous Cous
B	Chicken & Apricot Tagine w/ Rice
C	Falafels w/ Pita Bread
Salad	
Asian Coleslaw	
Fruit	
Mixed Fruit Salad	
Drink	
Low Sugar Soya Milk	

12-Jun (Friday)	
A	Spaghetti Bolognese
B	Moroccan Spiced Lemon & Cumin Chicken
C	Egg Salad Sandwich
Salad	
Sweet Corn Salad	
Fruit	
Mixed Fruit Salad	
Drink	
100% Fruit Juice	

Discovery College (Y1-2) June 2015 Junior Menu: Week 3-4



15-Jun (Monday)	
A	Sweet & Sour Pork w/ Rice
B	Japanese Sushi
C	Vegetable Enchiladas
Salad	
Potato Salad	
Fruit	
Mixed Fruit Salad	
Drink	
100% Fruit Juice	

16-Jun (Tuesday)	
A	Lemon Chicken Hot Pot w/ Mash
B	Roast Pork w/ Mushroom Sauce & Mash
C	Japanese Mild Curry Vegetables w/ Rice
Salad	
Apple Waldorf	
Fruit	
Fresh Fruit	
Drink	
Low Sugar Soya Milk	

17-Jun (Wednesday)	
A	LA Reine Pizza
B	Chicken Fried Rice
C	Vegetable Frittata
Salad	
Roasted Pumpkin	
Fruit	
Mixed Fruit Salad	
Drink	
100% Fruit Juice	

18-Jun (Thursday)	
A	Beef Burritos w/ Rice
B	Steamed Fish in Black Bean Sauce w/ Rice
C	Ratatouille & Pasta
Salad	
Sweet Corn Salad	
Fruit	
Fresh Fruit	
Drink	
Low Sugar Soya Milk	

19-Jun (Friday)	
A	Grilled Chicken Burger
B	Teriyaki Pork Chop w/ Rice
C	Beany Shepard's Pie
Salad	
Tuna Nicoise Salad	
Fruit	
Mixed Fruit Salad	
Drink	
100% Fruit Juice	

22-Jun (Monday)	
A	Stir-Fried Chicken in Chinese Supreme Sauce w/ Rice
B	Sausage Roll
C	Tomato & Basil Pasta Bake
Salad	
Sweet Corn & Cucumber Salad	
Fruit	
Mixed Fruit Salad	
Drink	
100% Fruit Juice	

23-Jun (Tuesday)	
A	Pork Casserole w/ Potato
B	Chicken Chasseur w/ Steamed Potatoes
C	Braised Assorted Vegetables w/ Glass Noodles
Salad	
Celery & Carrot Sticks	
Fruit	
Fresh Fruit	
Drink	
Low Sugar Soya Milk	

24-Jun (Wednesday)	
A	BBQ Chicken Pizza w/ Sweet Corn
B	Pan Fried Fish w/ Lemon & Rice
C	Stir-Fried Vegetables w/ Tofu & Rice
Salad	
Potato Salad	
Fruit	
Mixed Fruit Salad	
Drink	
100% Fruit Juice	

25-Jun (Thursday) JAMAICAN THEME DAY	
A	Jerk Chicken w/ Macaroni Cheese
B	Jamaican Fish Stew w/ Rice & Peas
C	Mixed Pepper Callaloo w/ Rice & Peas
Salad	
Broccoli Salad	
Fruit	
Fresh Fruit	
Drink	
Low Sugar Soya Milk	

26-Jun (Friday)	
EARLY DISMISSAL	



These foods should form the basis of your diet. So fill up on them.



Best eaten in moderation. These foods are still important for a balanced diet.



Don't have too much of these. Just treat ourselves every so often.

green
monday



How was your meal today? Please share your thoughts.