



Week 1

Full allergen information
available on jcg.je
and in hard copy at
The Dome and Hector's.

Monday

- Tomato & Herb Pasta Bake
G
served with Cheese & Dough Ball
D, G
- Vegetable Pastie
G
served with Potato Wedges
- Jacket Potato **D**
with choice of toppings
- Broccoli/Carrots

Tuesday

- Homemade Sausage Roll
G, SD
with Mashed Potatoes
- Tomato & Mediterranean Vegetables
- Pasta with Cheese Sauce
G, D
- Savoy Cabbage / Baked Beans

Wednesday

- Beef Bolognese served with Penne Pasta
G
- Mild Vegetable Curry served with Rice
- Jacket Potato with cheese and coleslaw
D, E, M
- Carrots/Sweetcorn

Thursday

- Sweet Chilli Chicken served with Rice
- Sweet & Sour Vegetables served with Rice
- Jacket Potato with choice of toppings
D, E, M
- Green Beans / Carrots

Friday

- Fish Fillet
F, C, G
served with Chips
- Cheese & Tomato Sub Melt
G, D
served with Salad
- Garden Peas / Baked Beans

Salad Bar available daily



Week 2

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Monday

- Mac & Cheese
G, D
w/ Garlic Bread
G, D
and Salad
- Oven-baked Falafel
with Tomato Sauce &
Rice
- Jacket Potato
with choice of
toppings **D, E, M**
- Green Beans /
Roasted Butternut
Squash

Tuesday

- Sweet Chilli Chicken
Chow Mein
served with
Rice Noodles
- Chinese Style
Vegetable Stir Fry
served with
Rice Noodles
- Tomato Pasta Bake
G
- Carrots/Sweetcorn

Wednesday

- Mild Chilli Beef
with Rice
G
- Vegetarian Chilli
with Rice
G
- Jacket Potato
with cheese and
coleslaw
D, E, M
- Broccoli/Chef's Salad

Thursday

- Chicken with Tomato
& Basil Sauce
served with Pasta
G
- Baked Vegetable
Pakora with Onion
Chutney
served with Rice
- Penne Pasta
with Tomato & Basil
Sauce
G
- Carrots/Broccoli

Friday

- Chicken Nuggets
served with Chips
D, G, C
- Spanish Style
Omelette
served with Chips
D, E, C
- Loaded Potato Skins
with Mixed Peppers
- Peas/
Baked Beans

Salad Bar available daily