

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>Week 1</b></p> <p><b>HAPPY NEW YEAR!</b> from CARING COOKS</p>				
<p><b>Week 2</b></p> <p>9th Jan</p> <p>Pesto Pasta or Tomato and roast pepper pasta and cheese both served with foccacia bread and salad Fruit of the day</p>	<p>10th Jan</p> <p>Beefburger or Veggie burger both served in a brioche bun with chips and salad Fruit of the day or bake of the day</p>	<p>11th Jan</p> <p>Roast lemon, thyme chicken and gravy or Roasted butternut and sage tart both served with roast potatoes and seasonal vegetables Fruit of the day</p>	<p>5th Jan</p> <p>Slow roasted pulled pork in BBQ sauce or Vegetarian Sausage both served in a bun, served with potato wedges and salad Fruit of the day or bake of the day</p>	<p>6th Jan</p> <p>Fish Goujons with Chips, Beans or Peas or Jacket Potato served with cheese, beans and salad Fruit of the day or bake of the day</p>
<p>16th Jan</p> <p>Crispy Mac &amp; Cheese or Tomato and basil pasta both served with salad Fruit of the day</p>	<p>17th Jan</p> <p>Chicken goujons or Quorn goujons both served with potato wedges and salad Fruit of the day or bake of the day</p>	<p>18th Jan</p> <p>Roast pork or Carrot balls in a sweet and sour sauce both served with roast potatoes and seasonal vegetables Fruit of the day</p>	<p>12th Jan</p> <p>Beef and pork pasta bolognese or Vegetarian Bolognese served with a bun and salad Fruit of the day or bake of the day</p>	<p>13th Jan</p> <p>Battered fish fillet or Cheese and onion quiche both served with chips baked beans or salad Fruit of the day or bake of the day</p>
<p><b>Week 4</b></p> <p>23rd Jan</p> <p><b>CHINESE NEW YEAR</b> Pesto pasta or Tomato and basil pasta and cheese both served with foccacia bread and salad Fruit of the day</p>	<p>24th Jan</p> <p>Yellow Chicken Curry or Yellow Chickpea and Vegetable Curry both served with with rice and peas Fruit of the day or bake of the day</p>	<p>25th Jan</p> <p>Roast turkey or Vegetable Kyiv both served with roast potatoes and seasonal vegetables Fruit of the day</p>	<p>19th Jan</p> <p>Chilli Con Carne or Vegetable chilli both served with tacos, refried beans and rice Fruit of the day or bake of the day</p>	<p>20th Jan</p> <p>Salmon fishfingers or Cheesy bean quesadilla both served with chips and peas Fruit of the day or bake of the day</p>
<p>30th Jan</p> <p>Pesto Pasta or Tomato and roast pepper pasta and cheese both served with foccacia bread and salad Fruit of the day</p>	<p>31st Jan</p> <p>Beefburger or Veggie burger both served in a brioche bun with chips and salad Fruit of the day or bake of the day</p>	<p>1st Feb</p> <p>Roast lemon, thyme chicken and gravy or Roasted butternut and sage tart both served with roast potatoes and seasonal vegetables Fruit of the day</p>	<p>26th Jan</p> <p>Slow roasted pulled pork in BBQ sauce or Vegetarian Sausage both served in a bun, served with potato wedges and salad Fruit of the day or bake of the day</p>	<p>27th Jan</p> <p>Fish Goujons with Chips, Beans or Peas or Jacket Potato served with cheese, beans and salad Fruit of the day or bake of the day</p>
<p><b>Week 6</b></p> <p>6th Feb</p> <p>Crispy Mac &amp; Cheese or Tomato and basil pasta both served with salad Fruit of the day</p>	<p>7th Feb</p> <p>Chicken goujons or Quorn goujons both served with potato wedges and salad Fruit of the day or bake of the day</p>	<p>8th Feb</p> <p>Roast pork or Carrot balls in a sweet and sour sauce both served with roast potatoes and seasonal vegetables Fruit of the day</p>	<p>2nd Feb</p> <p>Beef and pork pasta bolognese or Vegetarian Bolognese served with a bun and salad Fruit of the day or bake of the day</p>	<p>3rd Feb</p> <p>Battered fish fillet or Cheese and onion quiche both served with chips baked beans or salad Fruit of the day or bake of the day</p>
<p>9th Feb</p> <p>Crispy Mac &amp; Cheese or Tomato and basil pasta both served with salad Fruit of the day</p>	<p>10th Feb</p> <p>Chicken goujons or Quorn goujons both served with potato wedges and salad Fruit of the day or bake of the day</p>	<p>9th Feb</p> <p>Chilli Con Carne or Vegetable chilli both served with tacos, refried beans and rice Fruit of the day or bake of the day</p>	<p>10th Feb</p> <p>Salmon fishfingers or Cheesy bean quesadilla both served with chips and peas Fruit of the day or bake of the day</p>	

**HALF TERM WEEK · 13TH - 17TH FEBRUARY**

<p><b>Week 7</b></p> <p>20th Feb</p> <p><b>INSET DAY</b></p>	<p><b>Week 7</b></p> <p>21st Feb</p> <p><b>PANCAKE DAY</b> Yellow Chicken Curry or Yellow Chickpea and Vegetable Curry both served with with rice and peas Fruit of the day or bake of the day</p>	<p>22nd Feb</p> <p>Roast turkey or Vegetable Kyiv both served with roast potatoes and seasonal vegetables Fruit of the day</p>	<p>23rd Feb</p> <p>Slow roasted pulled pork in BBQ sauce or Vegetarian Sausage both served in a bun, served with potato wedges and salad Fruit of the day or bake of the day</p>	<p>24th Feb</p> <p>Fish Goujons with Chips, Beans or Peas or Jacket Potato served with cheese, beans and salad Fruit of the day or bake of the day</p>
<p><b>Week 8</b></p> <p>27th Feb</p> <p>Pesto Pasta or Tomato and roast pepper pasta and cheese both served with foccacia bread and salad Fruit of the day</p>	<p>28th Feb</p> <p>Beefburger or Veggie burger both served in a brioche bun with chips and salad Fruit of the day or bake of the day</p>	<p>1st Mar</p> <p>Roast lemon, thyme chicken and gravy or Roasted butternut and sage tart both served with roast potatoes and seasonal vegetables Fruit of the day</p>	<p>2nd Mar</p> <p>Beef and pork pasta bolognese or Vegetarian Bolognese served with a bun and salad Fruit of the day or bake of the day</p>	<p>3rd Mar</p> <p>Battered fish fillet or Cheese and onion quiche both served with chips baked beans or salad Fruit of the day or bake of the day</p>
<p>6th Mar</p> <p>Crispy Mac &amp; Cheese or Tomato and basil pasta both served with salad Fruit of the day</p>	<p>7th Mar</p> <p>Chicken goujons or Quorn goujons both served with potato wedges and salad Fruit of the day or bake of the day</p>	<p>8th Mar</p> <p>Roast pork or Carrot balls in a sweet and sour sauce both served with roast potatoes and seasonal vegetables Fruit of the day</p>	<p>9th Mar</p> <p>Chilli Con Carne or Vegetable chilli both served with tacos, refried beans and rice Fruit of the day or bake of the day</p>	<p>10th Mar</p> <p>Salmon fishfingers or Cheesy bean quesadilla both served with chips and peas Fruit of the day or bake of the day</p>
<p><b>Week 10</b></p> <p>13th Mar</p> <p>Pesto Pasta or Tomato and Basil Pasta and Cheese both served with foccacia bread and salad Fruit of the day</p>	<p>14th Mar</p> <p>Yellow Chicken Curry or Yellow Chickpea and Vegetable Curry both served with with rice and peas Fruit of the day or bake of the day</p>	<p>15th Mar</p> <p>Roast turkey or Vegetable Kyiv both served with roast potatoes and seasonal vegetables Fruit of the day</p>	<p>16th Mar</p> <p>Slow roasted pulled pork in BBQ sauce or Vegetarian Sausage both served in a bun, served with potato wedges and salad Fruit of the day or bake of the day</p>	<p>17th Mar</p> <p><b>ST PATRICK'S DAY</b> Fish Goujons with Chips, Beans or Peas or Jacket Potato served with cheese, beans and salad Fruit of the day or bake of the day</p>
<p>20th Mar</p> <p>Pesto Pasta or Tomato and roast pepper pasta and cheese both served with foccacia bread and salad Fruit of the day</p>	<p>21st Mar</p> <p>Beefburger or Veggie burger both served in a brioche bun with chips and salad Fruit of the day or bake of the day</p>	<p>22nd Mar</p> <p>Roast lemon, thyme chicken and gravy or Roasted butternut and sage tart both served with roast potatoes and seasonal vegetables Fruit of the day</p>	<p>23rd Mar</p> <p><b>RAMADAN BEGINS</b> Beef and pork pasta bolognese or Vegetarian Bolognese served with a bun and salad Fruit of the day or bake of the day</p>	<p>24th Mar</p> <p>Battered fish fillet or Cheese and onion quiche both served with chips baked beans or salad Fruit of the day or bake of the day</p>
<p>27th Mar</p> <p>Crispy Mac &amp; Cheese or Tomato and basil pasta both served with salad Fruit of the day</p>	<p>28th Mar</p> <p>Chicken goujons or Quorn goujons both served with potato wedges and salad Fruit of the day or bake of the day</p>	<p>29th Mar</p> <p>Roast pork or Carrot balls in a sweet and sour sauce both served with roast potatoes and seasonal vegetables Fruit of the day</p>	<p>30th Mar</p> <p>Chilli Con Carne or Vegetable chilli both served with tacos, refried beans and rice Fruit of the day or bake of the day</p>	<p>31st Mar</p> <p>Salmon fishfingers or Cheesy bean quesadilla both served with chips and peas Fruit of the day or bake of the day</p>



# SCHOOL LUNCH MENU

SPRING TERM 2023

VICTORIA COLLEGE PREPARATORY SCHOOL

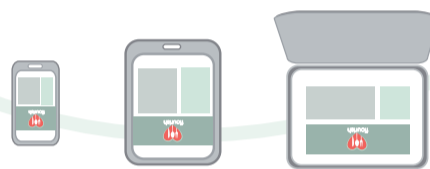
We hope that your child is enjoying the lunches at Victoria College Prep. Please note that the boys can now simply turn up and pay for a meal on the day, you no longer need to order in advance.

If you wish for your child to have a hot lunch, please visit [www.checkoutje/topup.html](http://www.checkoutje/topup.html) and order a Touch Top Up card. The cost of a hot, two course lunch is £3.75.

This restaurant card offers parents the ability to manage their money via a secure online payment system which is managed locally by Checkout. The site is available to use 24 hours a day, 7 days a week. On the website please click on 'Order a Card'.

Once you have created an account you will be sent a card in the post. Please be aware that top up cards will be charged at £5 per student, this covers the cost of creating and delivering the card.

## How do I purchase meals?



## How to order your school meals online



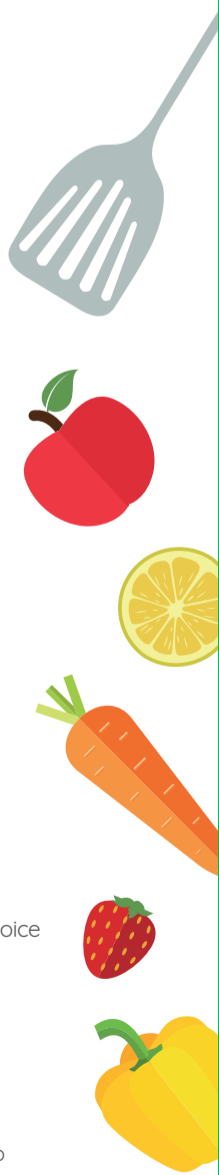
Our mission is to support every child and young person in Jersey, under 18, to access nutritious food at school, at home and in the community, now and for generations to come. We do this through collaborative programmes of support and education to deliver our grow, cook, eat ethos across the Island, which has a positive impact on their eating habits and encourages a life long approach to good nutrition.



### Did you know?

- All of our meals are freshly prepared every morning
- As much of our produce as possible is locally sourced through local businesses to promote local and sustainable food production
- Sourcing locally enables us to support local employment for local people, some of whose children benefit from our programmes and to ensure every penny we spend protects rather than damages our environment
- All of our meals always meet, and often exceed the School Food Standards, and are nutritionally analysed to provide your children with optimal nutrition
- All of our desserts are freshly made from reduced sugar recipes, using mostly wholemeal flour, and often contain at least 50% fruit
- Fresh fruit is available every day as an alternative to desserts, to give your child a choice
- All of our meat is ethically sourced and our eggs are free range
- All of the fish used on our menus is Marine Stewardship Certified (MSC), meaning we only use compliant sustainable fisheries operating to high standards
- All of our meals can be adapted to accommodate allergies – just ask

If you haven't already, why don't you give our meals a try and save yourself valuable time in making packed lunches as well as ensuring your children are getting a nutritious lunch to fuel their learning in the afternoon. If you would like to discuss anything with us please get in touch at [flourish@caringcooksofjersey.com](mailto:flourish@caringcooksofjersey.com) or on 539009.



## Have you had your 5-A-Day?



Awesome Orange



Super Strawb



Brilliant Broccoli



Courageous Carrot



Brave Banana

For more info visit: [gov.je/FoodandNutrition](http://gov.je/FoodandNutrition)

