

Jack in the Box Menu

Here at Jack in the Box, we aim to provide a wide selection of high-quality, healthy food, allowing children to experience nutritious meals from different cultures.

We cater for all special diets and food allergies. Vegetarian options are available upon request, and appropriate ingredient replacements will be used.

Due to delivery availability, there may be occasions when small changes are made to our planned menu. These changes will be communicated to parents during handovers.

Daily Meals

Breakfast (7:30–8:45)

Choice of cereals and toast

AM Snack (10:00)

Fresh fruit selection, milk, and water

Week One

Monday

Main: Tuna pasta bake with mixed vegetables

Dessert: Homemade low sugar sponge cake

PM Snack: Cheese oatcakes and a selection of fruit, milk, and water

Tuesday

Main: Pastry-topped chicken pie with potato wedges, gravy, and mixed vegetables

Dessert: Fromage frais

PM Snack: Buttered crumpets and a selection of fruit, milk, and water

Wednesday

Main: Mild chilli con carne with rice

Dessert: Homemade low sugar oat cookies

PM Snack: Cream cheese bagels and a selection of fruit, milk, and water

Thursday

Main: Roast chicken dinner

Dessert: Greek yoghurt with berry coulis

PM Snack: Sandwich selection and a selection of fruit, milk, and water

Friday

Main: Fish fingers, potato wedges, and beans

Dessert: Homemade low sugar apple crumble

PM Snack: Cream cheese wraps and a selection of fruit, milk, and water

Week Two

Monday

Main: Meat and potato pie with potato wedges, gravy, and mixed vegetables Dessert: Fromage frais
PM Snack: Cream cheese bagels and a selection of fruit, milk, and water

Tuesday

Main: Roast chicken dinner
Dessert: Homemade low sugar apple crumble
PM Snack: Sandwich selection and a selection of fruit, milk, and water

Wednesday

Main: Cheesy pasta bake with mixed vegetables
Dessert: Greek yoghurt with berry coulis
PM Snack: Cheese oatcakes and a selection of fruit, milk, and water

Thursday

Main: Sausages with potato wedges and beans
Dessert: Homemade low sugar sponge cake
PM Snack: Cream cheese wraps and a selection of fruit, milk, and water

Friday

Main: Mild chicken curry with rice
Dessert: Homemade low sugar oat cookie
PM Snack: Buttered crumpets and a selection of fruit, milk, and water

Week Three

Monday

Main: Fish fingers, wedges, and beans
Dessert: Homemade low sugar apple crumble
PM Snack: Cream cheese wraps and a selection of fruit, milk, and water

Tuesday

Main: Savoury mince with rice
Dessert: Greek yoghurt with berry coulis
PM Snack: Cheese oatcakes and a selection of fruit, milk, and water

Wednesday

Main: Cheese and potato pie with potato wedges, gravy, and mixed vegetables
Dessert: Homemade low sugar sponge cake
PM Snack: Buttered crumpets and a selection of fruit, milk, and water

Thursday

Main: Pasta bolognese with mixed vegetables
Dessert: Homemade low sugar oat cookies
PM Snack: Cream cheese bagels and a selection of fruit, milk, and water

Friday

Main: Roast chicken dinner
Dessert: Fromage frais
PM Snack: Sandwich selection and a selection of fruit, milk, and water