

St John Autumn Winter 2019 Menu

Week 1

28/10 18/11 09/12 06/01 27/01 24/02 16/03

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Beef Bolognese with Pasta	BBQ Beef Meatballs with Pasta**	Roast Chicken with Roast Potatoes & Gravy	Chinese Chicken Noodles	Salmon Fish Fingers*** & Chips
Alternative Dish	Tomato and Basil Pasta**	Cheese and Tomato Pizza with Potato Wedges	Vegetable Pastry Slice with Roast Potatoes & Gravy	Quorn Bolognese** with Pasta	Quorn Dippers with Chips
Schools Choice	Schools Choice****	Schools Choice****	Schools Choice****	Schools Choice****	Schools Choice****
Vegetables	Peas Carrots	Green Beans Cauliflower	Carrots Cabbage	Sweetcorn Roast Vegetables	Baked Beans Peas
Salad Bar	Celery & Apple, Tomato, Cucumber, Lettuce, Carrot	Potato Salad, Tomato, Cucumber, Lettuce, Sweetcorn	Pasta Salad, Tomato, Cucumber, Lettuce, Peppers	Beetroot Salad, Tomato, Cucumber, Lettuce, Carrot	Coleslaw, Tomato, Cucumber, Lettuce, Sweetcorn
Desserts	Pineapple Cake with Fresh Fruit Slices*	Yoghurt & Fresh Fruit Slices*	Yoghurt & Fresh Fruit Bowl*	Yoghurt & Fresh Fruit Slices*	Cheese & Biscuits
	Yoghurt & Fresh Fruit Salad*				Yoghurt & Fresh Fruit Salad*

Cool Milk or Water & Freshly Baked Bread available daily

****Schools Choice: Filled Jacket Potato, Extra Pasta Dish, Sandwich/Baguette (Subject to availability)
Please speak to the Catering Manager for special dietary requirements and allergen information
Vegetables & Fruit are subject to seasonal variation. Menu is subject to individual school changes.

*Fruit Based **Wholegrain ***Oily Fish



St John Autumn Winter 2019 Menu

Week 2

04/11 25/11 16/12 13/01 03/02 02/03 23/03

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Beef Bolognese with Spaghetti	Jerk Chicken <i>with Rice & Peas</i>	Roast Turkey <i>with Roast Potatoes & Gravy</i>	Beef Lasagne <i>with Garlic & Herb Bread Wedge**</i>	Cod Fish <i>Fingers & Chips</i>
Alternative Dish	Veggie Korma <i>with Rice**</i>	Sweet Potato Burger <i>with Potato Wedges</i>	Quorn Roast <i>with Roast Potatoes & Gravy</i>	Mild Chilli Cheese Burrito Wrap	Veggie Pizza Hot Dog <i>with Chips</i>
Schools Choice	Schools Choice****	Schools Choice****	Schools Choice****	Schools Choice****	Schools Choice****
Vegetables	Sweetcorn Broccoli	Cauliflower Peas	Carrots Roast Parsnips	Green Beans Sweetcorn	Baked Beans Peas
Salad Bar	Celery & Apple, Tomato, Cucumber, Lettuce, Carrot	Potato Salad, Tomato, Cucumber, Lettuce, Sweetcorn	Pasta Salad, Tomato, Cucumber, Lettuce, Peppers	Beetroot Salad, Tomato, Cucumber, Lettuce, Carrot	Coleslaw, Tomato, Cucumber, Lettuce, Sweetcorn
Desserts	Banana and Cinnamon Cake* <i>with Fresh Fruit Slices</i>	Yoghurt & Fresh Fruit Salad*	Yoghurt & Fresh Fruit Bowl*	Yoghurt & Fresh Fruit Salad*	Cheese & Biscuits
	Yoghurt & Fresh Fruit Slices*				Yoghurt & Fresh Fruit Slices*

Cool Milk or Water & Freshly Baked Bread available daily

******Schools Choice:** Filled Jacket Potato, Extra Pasta Dish, Sandwich/Baguette (Subject to availability)
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St John Autumn Winter 2019 Menu

Week 3

11/11 02/12 20/01 10/02 09/03 30/03

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Beef Burger <i>with Potato Wedges</i>	Lemon & Ginger Chinese Chicken <i>with Rice</i>	Roast Beef <i>with Roast Potatoes & Gravy</i>	Chicken Curry <i>with Rice**</i>	Crispy Fish Fillet <i>& Chips</i>
Alternative Dish	Mild Sweet Potato <i>Curry with Rice</i>	Vegetable Lasagne <i>with a Garlic & Herb Bread Wedge**</i>	Vegetarian Sausages <i>with Roast Potatoes & Gravy</i>	Matar Paneer <i>Curry with Rice</i>	Macaroni Cheese Pasta
Schools Choice	Schools Choice****	Schools Choice****	Schools Choice****	Schools Choice****	Schools Choice****
Vegetables	Carrots Sweetcorn	Green Beans Roast Vegetables	Cabbage Carrots	Broccoli Sweetcorn	Peas Baked Beans
Salad Bar	Celery & Apple, Tomato, Cucumber, Lettuce, Carrot	Potato Salad, Tomato, Cucumber, Lettuce, Sweetcorn	Pasta Salad, Tomato, Cucumber, Lettuce, Carrot, Peppers	Beetroot Salad, Tomato, Cucumber, Lettuce, Carrot	Coleslaw, Tomato, Cucumber, Lettuce, Sweetcorn
Desserts	Chocolate Slice* <i>with Fresh Fruit</i>	Yoghurt & Fresh Fruit Slices*	Yoghurt & Fresh Fruit Bowl*	Yoghurt & Fresh Fruit Slices*	Cheese & Biscuits
	Yoghurt & Fresh Fruit Salad*				Yoghurt & Fresh Fruit Salad*

Cool Milk or Water & Freshly Baked Bread available daily

******Schools Choice:** Filled Jacket Potato, Extra Pasta Dish, Sandwich/Baguette (Subject to availability)

Please speak to the Catering Manager for special dietary requirements and allergen information
Vegetables & Fruit are subject to seasonal variation. Menu is subject to individual school changes.

*Fruit Based **Wholegrain ***Oily Fish

