

# St. John's Primary

## Autumn Winter 2020-21 Menu Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b>	Chicken Korma <i>with a Rice side **</i>	BBQ Chicken <i>with Rice **</i>	Roasted Chicken <i>with Roast Potatoes and Gravy</i>	Beef Bolognese <i>with Pasta **</i>	Golden Fish Fingers <i>and Chips</i>
<b>Alternative Dish</b>	Soft Taco and Cajun Potato Wedges	Vegetable Lasagne <i>with a Garlic &amp; Herb Bread Wedge **</i>	Vegetarian Sausages <i>with Roast Potatoes and Gravy</i>	Chinese Veggie Noodles	Baked Macaroni Cheese
		Jacket Potato with Salmon Mayo Topper ***			
<b>Schools Choice</b>	Schools Choice****	Schools Choice****	Schools Choice****	Schools Choice****	Schools Choice****
<b>Vegetables</b>	Sweetcorn Broccoli and Cauliflower Medley	Carrots Broccoli	Peas Cabbage	Broccoli Sweetcorn	Baked Beans Peas
<b>Salad Bar</b>	'Salad of the Day', Tomato, Cucumber, Lettuce, Carrot	'Salad of the Day', Tomato, Cucumber, Lettuce, Sweetcorn	'Salad of the Day', Tomato, Cucumber, Lettuce, Peppers	'Salad of the Day', Tomato, Cucumber, Lettuce, Carrot	'Salad of the Day', Tomato, Cucumber, Lettuce, Sweetcorn
<b>Desserts</b>	Chocolate Slice* <i>with Fruit Slices</i>	Rice Pudding & Fresh Fruit Salad*	Custard & Fresh Fruit Salad*	Yoghurt & Fresh Fruit Salad*	Cheese & Biscuits <i>with Grapes &amp; Apples</i>
	Yoghurt & Fresh Fruit Slices*				Yoghurt & Fresh Fruit Slices*

Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily

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

Vegetables & Fruit are subject to seasonal variation. Menu is subject to individual school changes.





# St. John's Primary

## Autumn Winter 2020-21 Menu Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b>	Beef Lasagne with a Garlic & Herb Bread Wedge **	Chicken Burger with Cajun Potato Wedges	Roast Turkey with Roast Potatoes and Gravy	Beef Bolognese with Pasta **	Golden Fish Fingers and Chips
<b>Alternative Dish</b>	Veggie Sausages and Mash with Gravy	Baked Macaroni Cheese	Country Vegetable Pie with Roast Potatoes and Gravy (pastry)	Vegetable Supreme Pizza ** With Cajun Potato Wedges	Quorn Dippers and Chips
<b>Schools Choice</b>	Schools Choice****	Schools Choice****	Schools Choice****	Schools Choice****	Schools Choice****
<b>Vegetables</b>	Sweetcorn Broccoli	Peas Carrots	Carrots Cabbage	Sweetcorn Broccoli	Baked Beans Peas
<b>Salad Bar</b>	'Salad of the Day', Tomato, Cucumber, Lettuce, Carrot	'Salad of the Day', Tomato, Cucumber, Lettuce, Sweetcorn	'Salad of the Day', Tomato, Cucumber, Lettuce, Peppers	'Salad of the Day', Tomato, Cucumber, Lettuce, Carrot	'Salad of the Day', Tomato, Cucumber, Lettuce, Sweetcorn
<b>Desserts</b>	Banana and Cinnamon Cake* with Fruit Slices	Rice Pudding & Fresh Fruit Salad*	Custard & Fresh Fruit Salad*	Yoghurt & Fresh Fruit Salad*	Cheese & Biscuits with Grapes & Apples
	Yoghurt & Fresh Fruit Slices*				Yoghurt & Fresh Fruit Slices*

Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily

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

Vegetables & Fruit are subject to seasonal variation. Menu is subject to individual school changes.

\*Fruit Based \*\*Wholegrain \*\*\*Oily Fish

