



# St John's Primary Dec 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One 3 <sup>rd</sup> -7 <sup>th</sup>	<p>Chicken Curry with Rice and Naan Bread or Steak burger &amp; Gravy, Peas, Mashed Potato/rice Selection of Breads</p> <p>Sponge Cake &amp; Custard, yoghurt or fruit</p>	<p>Pasta Bolognese &amp; Healthy Garlic Bread or Chicken wrap Sweet corn Selection of Salads Mashed Potato/pasta Selection of Breads</p> <p>Jelly &amp; fruit or yoghurt</p>	<p>Salmon fishcake or Homemade Margherita Pizza Peas, Selection of Salads Mashed Potato/pasta Selection of Breads</p> <p>One Crust Apple Pie &amp; Custard, fruit or yoghurt</p>	<p>Homemade vegetable soup with homemade wheaten bread Hot dogs or chicken wraps</p> <p>Flake meal biscuit, fruit or yoghurt</p>	<p><b>CHRISTMAS DINNER</b></p> 
Week Two 10 <sup>th</sup> -14 <sup>th</sup>	<p>Pasta Bolognese &amp; Crusty Bread or Steak burger &amp; Gravy, Broccoli, Carrots Mashed Potato Selection of Breads</p> <p>Flake meal biscuit</p>	<p>Roast Chicken with Stuffing and Gravy, Cauliflower Cheese, Diced carrots Dry Roast and Mashed Potatoes Selection of Breads Vanilla sponge &amp; Custard or fruit or yoghurt</p>	<p>Chicken Curry &amp; Rice with Naan Bread or Fish fingers Sweet corn Mashed Potato Selection of Salads Selection of Breads</p> <p>Frozen mousse, fruit or yoghurt</p>	<p>Chicken Nuggets or Lasagne &amp; Healthy Garlic Bread Peas &amp; Sweetcorn, Chips Baby Boiled Potato Selection of Breads</p> <p>Ice cream fruit or yoghurt</p>	<p>Fresh Fish Goujons or Macaroni Cheese, Mashed Potato, Baked Beans Mixed Vegetables Selection of Breads</p> <p>Rice pudding &amp; mandarin oranges fruit or yoghurt</p>
Week Three 17 <sup>th</sup> -21 <sup>st</sup>	<p>Chicken curry, brown rice &amp; naan bread or Fish fingers, Diced Carrots, Broccoli Mashed Potato Selection of Breads</p> <p>Chocolate &amp; pear Sponge &amp; Custard fruit or yoghurt</p>	<p>Roast beef with Stuffing and Gravy Carrot &amp; Parsnip Dry Roast &amp; Mashed Potatoes Selection of bread Fruit Crumble &amp; Custard, fruit or yoghurt</p>	<p>Fish cakes or Italian Beef &amp; Crusty Bread Peas &amp; Sweetcorn Mashed Potato Selection of Breads</p> <p>Ice cream, oranges, fruit or yoghurt</p>	<p>Beef burger in bap or Chicken Wrap Baked Beans or mixed veg Selection of Salads Chips, baked potato Selection of Breads Rice krispie square, fruit or yoghurt</p>	
Week Four					
Week Five					

# school food

**Bread, Fresh Fruit, Yoghurt, Milk and Water are available daily**

**If you require any additional Information on allergens or Special diets please contact the school in the first instance**

