

St John's Primary Sept 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One 2-6th	Homemade pizza or fish fingers sweet corn, chips or pasta Fruit sponge & custard, fruit or yoghurt	Chicken curry, brown rice & naan bread or Steak Burger, gravy, turnip mashed potatoes or rice Apple crumble & custard, fruit or yoghurt	Pasta bolognaise with healthy garlic bread, or salmon fishcake mixed vegetables, mashed potatoes or pasta Jelly & Fruit or yoghurt	Roast beef, gravy, carrots & parsnips mashed potatoes, oven baked roast potato, gravy Shortcake or fruit or yoghurt	Chicken crumble or oven baked sausages, peas, mashed potato or pasta, gravy Ice cream, fruit or yoghurt
Week Two 9-13th	Chili beef & noodles or bacon, turnip, gravy, mashed potatoes or noodles Semolina & two fruits or fruit or yoghurt	Peppered chicken & brown rice or fish fingers, gravy, mixed vegetables, mashed potatoes or pasta Fruit sponge & custard or fruit or yoghurt	Lasagne with healthy garlic bread or steak burger, peas, gravy, mashed potatoes or cheesy baked potato Ice cream fruit or yoghurt	Chicken & broccoli bake or homemade pizza Selection of salads or baked beans, chips or pasta Flake meal biscuit or melon or yoghurt	Roast chicken, stuffing, gravy cauliflower cheese or carrots, oven roast potatoes & mashed potatoes Jelly & fruit or yoghurt
Week Three 16-20th	Chicken curry & brown Rice with naan bread or homemade pizza, baked beans or peas Rice or chips Ice cream, fruit or yoghurt	Cottage pie or steak burger Carrots, gravy, mashed potatoes or pasta Rice pudding & mandarin oranges or fruit or yoghurt	Homemade vegetable soup with homemade bread Hot Dog or Chicken Wrap Jelly & fruit or yoghurt	Roast turkey Stuffing, gravy, carrots & parsnips Oven roast & mashed potatoes Flake meal biscuit, fruit or yoghurt	Fresh fish in crumbs, parsley sauce or Irish stew, mixed vegetables mashed potatoes or pasta Chocolate sauce & pears, fruit or yoghurt
Week Four 23-27th	School closed	Salmon fish cakes or homemade pizza with selection of salads or baked beans, chips or pasta Rice Krispie square & custard, fruit or yoghurt	Pasta bolognaise with healthy garlic bread or fish fingers, peas, gravy, mashed potatoes or pasta Apple crumble & custard or Fruit or yoghurt	Braised steak or Oven baked sausages Mixed vegetables, mashed potatoes or noodles Semolina & fruit, fruit or Yoghurt	Roast pork, apple sauce, stuffing, gravy, carrots & parsnips, mashed potatoes & oven roast potatoes Shortbread, fruit or yoghurt
Week Five 30th	Chicken fried rice and curry sauce or steak burger, turnip, mashed potato, gravy Jelly, fruit or yoghurt	Week Four 21-11-16			

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

