



St Johns Primary Dec 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One 2 nd -6 th	<p>Chicken Curry with rice and naan bread or Steak burger & gravy, peas, mashed potato/rice</p> <p>Rice pudding & oranges, yoghurt or fruit</p>	<p>Salmon fishcake or Homemade pizza Beans, selection of salads Mashed potato/pasta</p> <p>Stewed apples & custard, fruit or yoghurt</p>	<p>Oven baked sausages or Chicken stir fry Sweet corn, chips, baked potato</p> <p>Jelly & fruit or yoghurt</p>	<p>Pasta bolognaise & healthy garlic bread or bacon Mixed veg mashed potato/pasta</p> <p>Frozen mousse, fruit or yoghurt</p>	 <p>Christmas dinner</p>
Week Two 9 th -13 th	<p>Italian pasta & Crusty bread or steak burger & gravy, broccoli, carrots, mashed potato</p> <p>Vanilla sponge & custard or fruit or yoghurt</p>	<p>Roast pork & apple sauce, gravy, cauliflower cheese, diced carrots Dry roast and mashed potatoes</p> <p>Jelly & fruit or yoghurt</p>	<p>Chicken curry & rice with naan bread or pizza Sweet corn, mashed potato or pasta</p> <p>Artic roll, fruit or yoghurt</p>	<p>Chicken nuggets or lasagne & healthy garlic bread, peas & sweetcorn, chips or baby boiled potato</p> <p>Flakemeal biscuit, fruit or yoghurt</p>	<p>Fresh breaded fish or macaroni cheese, mashed potato or pasta, baked beans or mixed vegetables</p> <p>Rice pudding & mandarin oranges, fruit or yoghurt</p>
Week Three 16 th -20 th	<p>Fish cakes or chicken tagliatelle & crusty bread Peas & sweetcorn, mashed Potato</p> <p>Semolina & fruit cocktail, fruit or yoghurt</p>	<p>Roast beef with stuffing and gravy Carrot & parsnip Dry roast & mashed potatoes</p> <p>Fruit crumble & custard, fruit or yoghurt</p>	<p>Homemade pizza or macaroni cheese Beans or mixed veg Chips or baby boiled potato</p> <p>Shortbread biscuit, fruit or yoghurt</p>	<p>Homemade vegetable soup with homemade wheaten bread Steak burger in a bap with onions or chicken wrap</p> <p>Ice cream, fruit or yoghurt</p>	 <p>MERRY CHRISTMAS!</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

