

# St John's Primary Nov 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One 2 <sup>nd</sup> -6 <sup>th</sup>	<p>Fish cakes or cheese &amp; tomato pizza Sweet corn Chips</p> <p>Jelly fruit or yoghurt</p>	<p>Chicken fried rice with curry sauce or bacon Mixed veg, potatoes</p> <p>Rice pudding &amp; oranges, yoghurt or fruit</p>	<p>Pasta bolognaise or fish fingers, potato, peas</p> <p>Strawberry mousse, fruit or yoghurt</p>	<p>Roast chicken dinner, stuffing, carrots, oven roast &amp; mashed potato</p> <p>Fruit crumble &amp; custard, fruit or yoghurt</p>	<p>Vegetable soup &amp; homemade bread Beef burger in roll or tuna wrap</p> <p>Shortbread biscuit, fruit or yoghurt</p>
Week Two 9 <sup>th</sup> -13 <sup>th</sup>	<p>Fish fingers or macaroni cheese Sweet corn Chips</p> <p>Artic roll, fruit or yoghurt</p>	<p>Steak burger or peppered chicken &amp; rice Turnip Mashed potato</p> <p>Semolina &amp; fruit, fruit or yoghurt</p>	<p>Oven baked sausages or tuna wrap, baked beans or peas Diced potato or baked potato Apple crumble &amp; custard or fruit or yoghurt</p>	<p>Chicken &amp; broccoli bake or homemade pizza mixed veg mashed potato</p> <p>Flake meal biscuit or fruit or yoghurt</p>	<p>Roast beef, gravy, carrots &amp; parsnips mashed potatoes, oven baked roast potato</p> <p>Jelly or fruit or yogurt</p>
Week Three 16 <sup>th</sup> -20 <sup>th</sup>	<p>Chicken curry &amp; brown rice with naan bread or Chicken nuggets Baked beans or peas Chips</p> <p>Ice cream, fruit or yoghurt</p>	<p>Savoury mince or steak burger, turnip, gravy Mashed potatoes or pasta</p> <p>Fruit sponge &amp; custard, fruit or yoghurt</p>	<p>Fish fingers or Irish stew, mixed vegetables mashed potatoes or pasta</p> <p>Chocolate sauce &amp; pears, Fruit or yoghurt</p>	<p>Homemade vegetable soup with homemade bread, Hot dog or chicken wrap</p> <p>Jelly &amp; fruit or yoghurt</p>	<p>Boiled ham &amp; parsley sauce, carrots &amp; parsnips oven roast &amp; mashed potatoes</p> <p>Flakemeal biscuit, fruit or yoghurt</p>
Week Four 23 <sup>rd</sup> -27 <sup>th</sup>	<p>Fish cakes or Homemade pizza with peas or baked beans Chips</p> <p>Ice cream, fruit, yoghurt</p>	<p>Homemade vegetable soup with homemade bread Hot dog or chicken wrap</p> <p>Jelly &amp; fruit or yoghurt</p>	<p>Pasta Bolognaise with healthy garlic bread or bacon, peas, gravy mashed potatoes or pasta</p> <p>Apple crumble &amp; custard fruit, or yoghurt</p>	<p>Braised steak or Sausages mixed vegetables mashed potatoes or noodles</p> <p>Rice pudding &amp; oranges, fruit or yoghurt</p>	<p>Roast chicken, stuffing, gravy carrots &amp; parsnips mashed potatoes &amp; oven roast potatoes</p> <p>Shortbread, fruit or yoghurt</p>
Week Five 30 <sup>th</sup>	<p>Chicken &amp; broccoli bake or beef burger, carrots, chips</p> <p>Strawberry mousse, fruit or yoghurt</p>				

**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**