


St Johns Primary Oct 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One 1st-4th		Pasta bolognaise & healthy garlic bread or chicken wrap sweet corn, selection of salads, mashed potato/pasta Chocolate sauce and pears & fruit or yoghurt	Chili con carne & rice or fish fingers Peas, mashed potato or rice Rice pudding & oranges, fruit or yoghurt	Roast turkey, stuffing and gravy, baton carrots, broccoli Dry roast and mashed potatoes Shortbread, fruit or yoghurt	Oven baked sausages or chicken stir fry Baked beans, mixed veg Selection of salads, chips, baked Potato Ice cream fruit or yoghurt
Week Two 7 th -11 th	Italian pasta & crusty bread or steak burger & gravy, broccoli, carrots, mashed potato Vanilla sponge & custard or fruit or yoghurt	Roast chicken with stuffing and gravy, cauliflower cheese, diced carrots Dry roast and mashed potatoes Jelly & fruit or yoghurt	Chicken curry & rice with naan bread or fish fingers Sweet corn, mashed potato Selection of salads Frozen mousse, fruit or yoghurt	Chicken nuggets or lasagne & healthy garlic bread Peas & sweetcorn, chips or baby boiled potato Flakemeal biscuit, fruit or yoghurt	Fresh fish goujons or macaroni cheese, mashed potato, baked beans, mixed vegetables Rice pudding & mandarin oranges fruit or yoghurt
Week Three 14 th -18 th	Savoury mince or fish fingers, diced carrots, broccoli, mashed potato Chocolate & pear sponge & custard fruit or yoghurt	Chicken curry with brown rice and naan bread or steak burger & gravy, peas, mashed potatoes or rice Frozen mousse, fruit or yoghurt	Fish cakes or chicken tagliatelle & crusty bread Peas & sweet corn, mashed potato Rice pudding & oranges, fruit or yoghurt	Roast beef with stuffing and gravy, carrot & parsnip Dry roast & mashed potatoes Fruit crumble & custard, fruit or yoghurt	Hotdog or chicken wrap Baked beans or mixed veg Selection of salads, chips or baked potato Flakemeal biscuit, fruit or yoghurt
Week Four 21 st -25 th	Chicken fried rice and naan bread or fish cakes, peas, selection of salads Mashed potato/pasta, gravy Jam & coconut sponge & custard or fruit	Boiled ham and parsley sauce, cabbage, cauliflower cheese Dry roast and mashed potatoes Chocolate sauce & pears, fruit or yoghurt	Pasta bolognaise or bacon, sweetcorn, selection of salads Mashed potato Frozen mousse, fruit or yoghurt	Homemade vegetable soup with homemade wheaten bread Steak burger in a bap with onions or chicken wrap Ice cream, fruit or yoghurt	HALLOWEEN MENU 
Week Five 28 th -31 st	SCHOOL CLOSED	SCHOOL CLOSED	SCHOOL CLOSED	SCHOOL CLOSED	

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

