


St John's Primary School March 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One 1st					Chicken pasta bake or sausages peas & corn, selection of salad, chips or baby boiled Jelly, fruit or yoghurt
Week Two 4 th -8 th	Fish fingers or Irish stew, turnip, mashed potato or pasta Frozen yoghurt, fruit or yoghurt	Chicken curry & rice, naan bread or steak burger, gravy, carrots, mashed Potatoes or rice Rice pudding & mandarin oranges or yoghurt	Fresh breaded fish or homemade pizza, beans or peas, chips or baked potato Fruit sponge and custard, fruit or yoghurt	Roast beef, gravy, carrots & parsnips, mashed potatoes, oven baked roast potato Shortbread or fruit or yoghurt	Pasta bolognese with healthy garlic bread, or salmon fishcake, mixed vegetables, mashed potatoes or pasta Jelly & fruit or yoghurt
Week Three 11 th -15 th	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, sweetcorn, mashed potatoes or pasta Frozen mousse or grapes or yoghurt	Lasagne with healthy garlic bread or steak burger, peas, gravy, mashed potatoes or cheesy baked potato Fruit sponge & custard, fruit or yoghurt	Roast turkey, stuffing, gravy, cauliflower cheese or carrots, oven roast potatoes & mashed potatoes Jelly & fruit or yoghurt	
Week Four 18 th -22 nd	School closed	Fishcake or homemade pizza, sweetcorn or baked beans, chips or pasta Chocolate sauce & pears or fruit or yoghurt	Roast Chicken, stuffing, gravy, carrots & parsnips, oven roast & mashed potatoes Flake meal biscuit, 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
Week Five 25 th -29 th	Chicken fried rice and curry sauce or steak burger, turnip, mashed potato, gravy Frozen mousse, fruit or yoghurt	Salmon fish cakes or homemade pizza with selection of salads or baked beans, chips or pasta Rice krispie square & custard, fruit or yoghurt	Pasta bolognese with healthy garlic bread or fish fingers, peas, gravy, mashed potatoes or pasta Apple crumble & custard or melon	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

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**

