

# St John's Primary Jan 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One 7-11th	Homemade cheese & tomato pizza, fishcakes, beans or sweet corn, chips or pasta Selection of bread  Jelly, fruit or yoghurt	Chicken nuggets or chicken curry, brown rice and naan bread carrots, mashed potato or brown rice Selection of bread  Apple crumble & custard, fruit or yoghurt	Pasta Bolognese with healthy garlic bread, Or steak burger, mixed vegetables, mashed potatoes or pasta  Strawberry shortcake & fruit or yoghurt	Oven baked sausages or savoury chicken wraps, peas, chips or baked potato gravy  Rice pudding & mandarin oranges or fruit or yoghurt	Roast beef, gravy, carrots & parsnips, mashed potatoes, oven baked roast potato  Ice cream fruit or yoghurt
Week Two 14-18th	Chili Beef & noodles or bacon, turnip, gravy, mashed potatoes or noodles  Semolina & two fruits, fruit or yoghurt	Peppered chicken & brown rice or fish fingers, gravy, mixed vegetables, mashed potatoes or pasta  Ice cream, 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	Chicken & broccoli bake or homemade pizza Selection of salads or baked beans, chips or pasta  Flake meal biscuit, melon or yoghurt	Roast turkey, stuffing, gravy, cauliflower cheese or carrots oven roast potatoes & mashed potatoes  Jelly & fruit or yoghurt
Week Three 21-25th	Chicken curry & brown rice with naan bread or homemade pizza, baked beans or peas Rice or chips  Ice cream, grapes 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, melon or yoghurt	Homemade vegetable soup with homemade bread, hot dog or chicken wrap  Jelly & fruit or yoghurt	Fresh fish in crumbs, parsley sauce or braised steak, gravy, mixed vegetables, mashed potatoes or pasta  Chocolate sauce & pears, Fruit or yoghurt
Week Four 28-31st	Chicken fried rice and curry sauce or steak burger, turnip, mashed potato, gravy  Ice cream, fruit or yoghurt	Salomon 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, melon or yoghurt	Braised steak or oven baked sausages, mixed vegetables, mashed potatoes or noodles  Frozen yoghurt, fruit or yoghurt	
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**