


St John's Primary June 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One 4th-8th	Pasta Bolognese with Healthy Garlic Bread or Fish Fingers Peas, Gravy Mashed Potatoes Melon, rice pudding & fruit	Chicken Crumble or Steak Burger, Gravy Sweetcorn, Sauté or Mashed Potatoes Jelly & Fruit	Roast Pork, Apple Sauce, Stuffing, Gravy Broccoli & Corn Oven Roast & Mashed Potatoes or macaroni cheese Ice-cream & Fruit	Cottage Pie, Gravy or Oven Baked Sausages Mixed Vegetables Mashed Potatoes or Pasta Grapes & Frozen Yogurt	Chicken Curry & Brown Rice with Naan Bread or Homemade Pizza with Selection of Salads or Baked Beans Chips or Pasta Homemade muffins, Yogurt
Week Two 11 th -15th	Grilled Bacon with Stuffing, Gravy or Brown Beef Stew Carrots, Mashed Potatoes Rice krispie squares & Fruit	Roast Chicken Stuffing, Gravy Carrots & Parsnips Mashed Potatoes Flake meal Biscuit, Fruit	Chicken Rice Stir Fry with Curry Sauce and Naan Bread or Chicken Nuggets Baked Beans or Peas Chips or Pasta Jam sponge & custard, Yogurt	Lasagna & Healthy Garlic bread or Fresh Fish Goujons Carrots, Gravy Mashed Potatoes Jelly & Fruit	Peppered Chicken with Brown Rice or Roast Chicken, Stuffing Gravy, Mixed Vegetables, Mashed Potatoes Melon, shortbread
Week Three 18 th -22nd	School closed	Fish cakes or Homemade Pizza or Pepperoni Pizza Baked Beans or Peas Chips or Pasta Frozen mousse, grapes	Pasta Bolognese Sauce with Healthy Garlic Bread, or Salmon Fishcake Mixed Vegetables, Mashed Potatoes or Pasta Jelly & Fruit	Chicken curry & rice, naan bread or Savory Chicken Wraps Selection of Salads or Sweetcorn, Pasta, Oven Dice Potatoes Pear sponge and custard	Roast Turkey, Stuffing Gravy, Carrots & Parsnips Mashed Potatoes Strawberry Shortcake or Yogurt
Week Four 25 th -29th	Macaroni cheese or Fish Fingers, Gravy Mixed Vegetables Mashed Potatoes Or Pasta Rice pudding & mandarin oranges, Yogurt	Lasagna with Healthy Garlic Bread or Steak Burger Peas, Gravy Mashed Potatoes or Cheesy Baked Potato Jelly & Fruit	Roast Beef, Gravy or Gammon & Parsley Sauce Cauliflower Cheese or Carrots, Pasta or Mashed Potatoes Grapes, rice krispie square	Lasagna, Oven Baked Sausages Sweet-Corn, Gravy Chips or pasta Ice cream, Fruit	
Week Five					

school food

www.schoolfoodni.com

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

