

# St John's School Autumn/Winter 2018

## Week One

29 Oct/19 Nov/10 Dec/14 Jan/4 Feb

### Monday

Meatballs and pasta with garlic bread 2, 7  
Vegetable balls 2, 4, 7, 13  
Salad bar  
Gingerbread men, fresh fruit 2, 4, 7

### Tuesday

Chicken burgers in baps with baked wedges 2, 12  
Vegetable burger 2, 12  
Beans, salad bar  
Fresh fruit salad and cream, raisins 7

### Wednesday

Sausage pasta bake 2, 7  
Vegetarian pasta bake 2, 7  
Peas, sweetcorn, salad bar  
Chocolate sponge with chocolate sauce, fresh fruit, yoghurt 2, 7

### Thursday

Roast gammon and Yorkshire pudding 2, 4, 7  
Quorn roast 4, 7  
Roast potatoes, cauliflower, broccoli, carrots  
Squeezy jelly, yoghurt 7

### Friday

Fish fingers 2, 5  
Cheese and onion pasties 2, 4, 7  
Chunky chips, spaghetti hoops, salad bar 2  
Choc ices, orange segments 7

*Gluten/dairy free options available*

## Week Two

5 Nov/26 Nov/17 Dec/21 Jan/11 Fe

### Monday

Toad-in-the-hole 2  
Quorn sausages 2, 4, 13  
Mashed potatoes, baby carrots, salad bar 7  
Yoghurt, fresh fruit, raisins 7

### Tuesday

Pepperoni and Margarita pizzas 2, 7  
Herbie diced potatoes, beans, salad bar 2  
Cookies, raisins 2

### Wednesday

Chicken curry and rice  
Vegetarian curry  
Naan bread 2  
Artic roll, fresh fruit 2, 7

### Thursday

Roast pork with stuffing 2  
Cauliflower cheese 2, 7  
Roast potatoes, cauliflower, carrots, broccoli  
Blueberry muffins, yoghurt 2, 7

### Friday

Breaded fish, baked wedges 2, 5  
Fish pie 2, 3, 4, 5, 7, 8  
Vegetable burger 2, 12  
Peas  
Flapjack, yoghurt, fresh fruit 2, 7

*Gluten/dairy free options available*

## Week Three

12 Nov/3 Dec/7 Jan/28 Jan

### Monday

Pasta bolognese 2  
Vegetarian bolognese 2, 4, 7, 13  
Garlic bread, salad bar 2  
Ice-cream, fresh fruit, yoghurt 2, 7

### Tuesday

Hot dogs 2  
Vegetarian sausage casserole 2, 4, 13  
Herbie diced potatoes 2  
Beans, salad bar 2  
Jelly, fresh fruit, raisins

### Wednesday

Macaroni cheese 2, 7  
Quiche Lorraine 2, 4, 7  
Sweetcorn and French sticks 2  
Pancakes and golden syrup 2

### Thursday

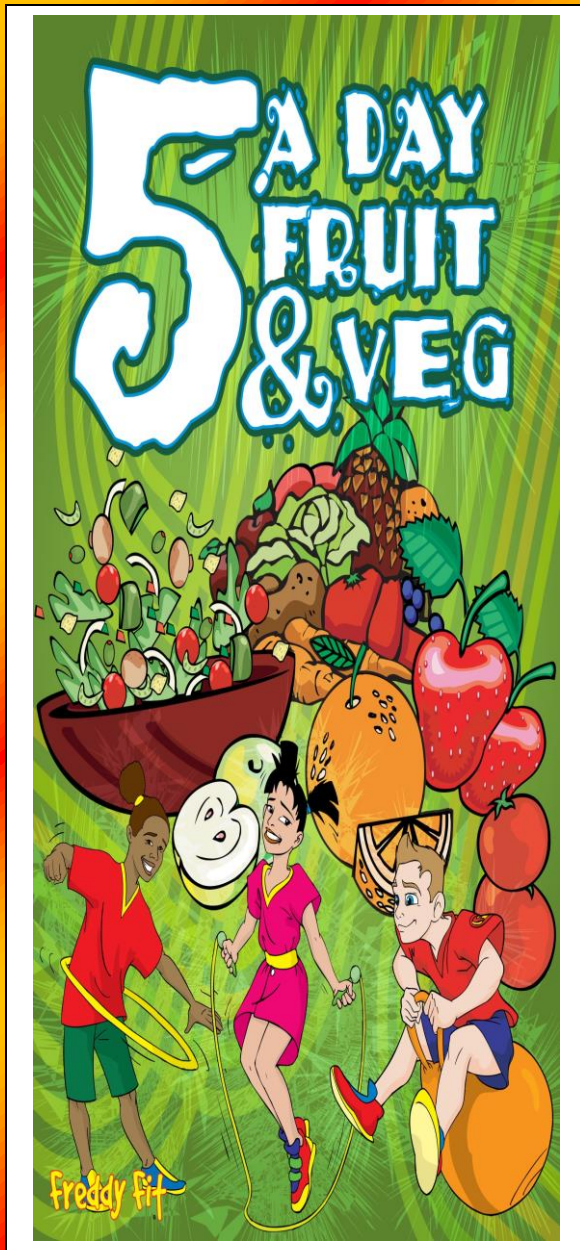
Roast beef with Yorkshire pudding 2, 4, 7  
Quorn roast 4, 7  
Roast potatoes, farmhouse vegetables  
Shortbread, yoghurt, fresh fruit 2, 7

### Friday















Fishwich 2, 5  
Pasta bake 2  
Chunky chips, beans, salad bar 2  
Chocolate cracknell, yoghurt, fresh fruit 2, 7

*Gluten/dairy free options available*

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## Allergens Key

	1	Celery
	2	Cereal containing gluten
	3	Crustaceans
	4	Eggs
	5	Fish
	6	Lupin
	7	Milk
	8	Molluscs eg fish/snails/squid/whelks/oysters
	9	Mustard
	10	Nuts
	11	Peanuts
	12	Sesame seeds
	13	Soya
	14	Sulphur dioxide

St John's School

## Menu

Autumn/Winter 2018

Balanced

Good Quality

Nutrition

Compassion

Respect

Truth

Service

Forgiveness



Blessed George Napier Catholic School