

ST John's RC Primary School

New School Meal Menu

Week One

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p>Chicken and Butternut Squash Curry with rice and peas</p> <p>or</p> <p>Homemade Chunky Fish Fingers with chipped potatoes and peas and carrots</p> | <p>Sausage casserole served with either cheesy mash or baked potato</p> <p>or</p> <p>Homemade cheese and onion pie, with mashed potato and mushy peas</p> | <p>Sticky Chicken with rice, shredded lettuce, tomatoes and cucumber slices, and apple pieces in the salad</p> <p>or</p> <p>Vegetable pea and potato curry with rice and salad</p> | <p>Peppered steak with Rice and mixed vegetables</p> <p>Or</p> <p>Cheese or tuna wrap with pepper and tomato with shredded lettuce, shredded carrot and raisins</p> | <p>St John's Meatballs with rice and mixed salad with pineapple or apple in the salad</p> <p>Or</p> <p>Cheese, peppers and pineapple pizza with Cesare Salad</p> |
| Crusty cob with filling | Crusty cob with filling | Crusty cob with filling | Crusty cob with filling | Crusty cob with filling |
| Baked potato of the day : cottage cheese with fresh pineapple and salad | Baked potato of the day : tuna, sweetcorn, mayo and salad | Baked potato of the day: spicy chilli with grated cheese topping | Baked potato of the day : chicken, sweetcorn, mayo and salad | Baked potato of the day : with sliced meat option and salad |

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| <p>Oaty Fruit Crunch with custard</p> <p>Or</p> <p>Homemade shortbread with fruit of the day</p> | <p>Raspberry Jelly with fruit of the day</p> <p>Or</p> <p>Homemade marble sponge with chocolate sauce</p> | <p>Summer fruit yogurt crunch pots</p> <p>Or</p> <p>Homemade banana cake with fruit of the day</p> | <p>Chefs Choice</p> | <p>Strawberries and Ice-cream</p> <p>Or</p> <p>Homemade chocolate chip sponge with custard</p> |
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Week Two

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p>Mini chicken fillets with sweet potato curly fries, cheesy courgettes and mashed carrots</p> <p>Or</p> <p>Homemade Mediteranean Pasta Bake with shredded lettuce, baby tomatoes, cucumber and pineapple pieces in the salad</p> | <p>Spaghetti Bolognese with grated cheese and salad</p> <p>Or</p> <p>Vegetable Paella with salad and grated apple in the salad</p> | <p>Roast Beef, new potatoes, carrots and swede mash, peas and gravy</p> <p>Or</p> <p>Veggie Koftas Pitta Bread with shredded lettuce, tomatoes, cucumber, sliced apple and raisins</p> | <p>Chicken Tikka Marsala Curry with rice</p> <p>Or</p> <p>Salmon fish pie with peas and shredded carrot</p> | <p>Homemade beef burgers in crispy roll with shredded carrot, baby tomatoes and sweetcorn mixed in and chips</p> <p>Or</p> <p>Tuna pasta bake with shredded lettuce, baby tomatoes, cucumber, shredded carrots and raisins</p> |

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| Crusty cob with filling | Crusty cob with filling | Crusty cob with filling | Crusty cob with filling | Crusty cob with filling |
| Baked potato of the day : cottage cheese with fresh pineapple and salad | Baked potato of the day : tuna, sweetcorn, mayo and salad | Baked potato of the day : spicy chilli with grated cheese topping | Baked potato of the day : chicken, sweetcorn, mayo and salad | Baked potato of the day : sliced meat option and salad |
| Homemade chocolate chip shortbread biscuits Or Rice pudding with peach slices (or another fruit) | Profiteroles Or Fruit salad pots with ice cream | Apple and banana cake with custard Or Crunchy topped fruit in yogurt | Chefs choice | Homemade St John's Mess (strawberries, meringue and cream) Or Fruit and yogurt pots with crunchy topping |

Week Three

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| Fish with herby chipped potatoes and vegetable mash (carrots, swede), cheesy topped broccoli Or Chicken in a tomato and broccoli sauce with | Liz's Piri Piri Portuguese special chicken with Macedonia rice Or Cheesy puff pastry parcel, rice(with peas and sweetcorn mixed in) and grated carrot | Caribbean lamb stew, with rice, vegetable mash (carrots and swede) or Crispy topped Vegetarian Pie with mixed salad | St Johns Shepherd's Pie, peas, carrots and gravy Or Goan Quorn Curry with rice and peas and sweetcorn (mixed into the rice) | Hot Dogs in a crispy roll with onions or Vegetable burgers in a crispy roll with mixed salad and sweetcorn |

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| cheesy topped pasta and salad | | | | |
| Baked potato of the day : cottage cheese with fresh pineapple | Baked potato of the day : tuna, sweetcorn, mayo and salad | Baked potato of the day : spicy chilli with grated cheese topping | Baked potato of the day : chicken, sweetcorn, mayo and salad | Baked potato of the day : with sliced meat option and salad |
| Crusty cob with filling | Crusty cob with filling | Crusty cob with filling | Crusty cob with filling | Crusty cob with filling |
| Chocolate brownies with custard Or Homemade biscuits with apple pieces | Jelly and ice cream Or Fruit pot with yogurt and crunchy topping | Apple and Pear custard cake Or Fruit salad | Chefs Choice | Fruit of the day with ice cream Or Homemade Snow Cake with custard |