

ST JOHNS PRIMARY MENU

KEY

LUPIN-L
CRUSTACEANS-CR
CELERY-CE

NUTS-N
PEANUTS-PN
MOLLUSC-MO

MUSTARD-M
SESAME-SE
SULPHITES-SU

EGG-E
SOY-SO
FISH-F

VEGAN- VE
DAIRY-D
GLUTEN-G

WEEK ONE

31/8, 21/9, 12/10, 9/11, 30/11

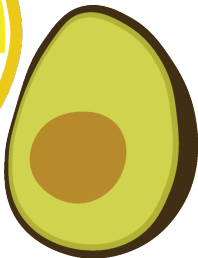
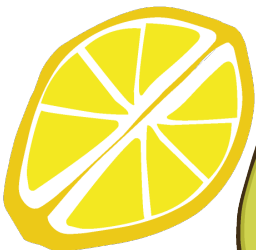
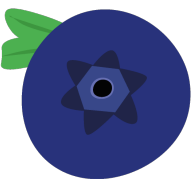
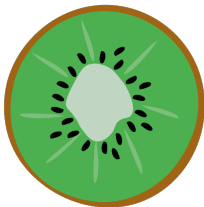
MONDAY MAINS

Pepperoni Pizza (G,D)
Served with Potato Wedges & Corn on the Cob

Margherita Pizza (G,D)
Served with Potato Wedges & Corn on the Cob (V)

Pasta (G) with Tomato Sauce,
Cheese (D) or Tuna (E,F)

Apple & Sultana Flapjack (G,Su)



DESSERT

TUESDAY MAINS

Chicken Tikka Curry
Served with 50/50 Rice & Green Beans

Quorn Tikka Curry (M)
Served with 50/50 Rice & Green Beans (V)

Ham or Cheese Baguettes (G,D) /
Cheese (D), Baked Beans or Tuna Mayo (E,F)

Jacket Potato with Side Salad

Fruit Salad

DESSERT

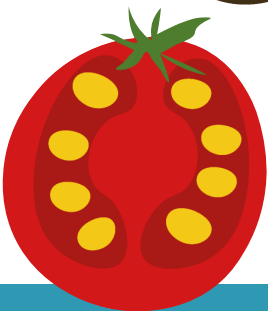
WEDNESDAY MAINS

Sausage Meat Plait (G,Su,E,L,So,M,C)
Served with Mashed Potato (Su), Carrots & Peas

Lentil Red Pepper Roulade (G,D,M,L,So)
Served with Mashed Potato (Su), Carrots & Peas (V)

Pasta (G) & Tomato Sauce, Cheese (D)
or Tuna (F,E)

Carrot Cake (G,E,So)



DESSERT

THURSDAY MAINS

Beef Lasagne (D,G,E,So,M,C)
with Garlic Bread (G,So,D) & Broccoli

Vegetarian Mince Lasagne (D,G,E,So,M,C)
with Garlic Bread (G,So,D) & Broccoli (V)

Cheese (D), Baked Beans or Tuna Mayo (E,F)
Jacket Potato with Side Salad

Raspberry & Peach Jelly

DESSERT

FRIDAY MAINS

Fish Fingers (G,F)
Served with Chips & Baked Beans or Peas

Cheese & Tomato Quiche (G,E,D,So)
Served with Chips & Baked Beans or Peas (V)

Pasta (G) & Tomato Sauce, Cheese (D)
or Tuna (F,E)

Vanilla Ice Cream (D)

DESSERT

WEEK TWO

7/9, 28/9, 19/10, 16/11, 7/12

Chicken Korma Curry
Served with 50/50 Rice & Green Beans

Quorn Korma Curry (M)
Served with 50/50 Rice & Green Beans (V)

Pasta (G) & Tomato Sauce, Cheese (D)
or Tuna (E,F)

Iced Cinnamon Fruit Loaf (G,D,So,E)

Bacon Topped Macaroni Cheese (G,D,So)
Served with Broccoli

Macaroni Cheese (G,D,So)
Served with Broccoli (V)

Ham or Cheese Baguettes (G,D) /
Cheese (D), Baked Beans or Tuna Mayo (E,F)

Jacket Potato with Side Salad

Fruit Salad

Roast Chicken
Served with Roast Potatoes (Su), Gravy, Carrots & Peas

Roasted Quorn Fillet (E,D)
Served with Roast Potatoes (Su), Gravy, Carrots & Peas (V)

Pasta (G) & Tomato Sauce, Cheese (D)
or Tuna (E,F)

Apple Sponge Cake (G,E,So)

Pork Meatballs Sub (G,So,D,C,Su)
Served with Herby Diced Potatoes & Sweetcorn

Vegetarian Meatball Sub (G,So,E,C,M)
Served with Herby Diced Potatoes & Sweetcorn (V)

Cheese (D), Baked Beans or Tuna Mayo (E,F)
Jacket Potato with Side Salad

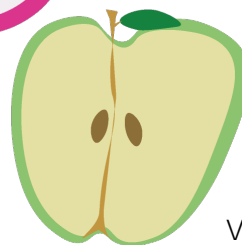
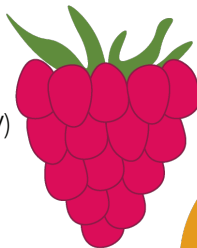
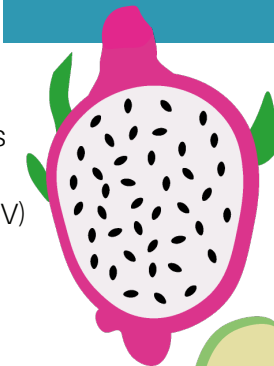
Orange & Mandarin Jelly

Fish Fingers (G,F)
Served with Chips & Baked Beans or Peas

Cheese & Bean Turnover (G,D,So,L,M)
Served with Chips & Baked Beans or Peas (V)

Pasta (G) & Tomato Sauce, Cheese (D)
or Tuna (E,F)

Strawberry Ice Cream (D)



WEEK THREE

14/9, 5/10, 2/11, 23/11, 14/12

Hunters Chicken (M,D)
Served with 50/50 Rice, Peas & Sweetcorn

BBQ Quorn (G,M,D)
Served with 50/50 Rice, Peas & Sweetcorn (V)

Pasta (G) & Tomato Sauce, Cheese (D)
or Tuna (E,F)

Orange Oat Cookie (G,E,So)

Beef Bolognese
Served with Pasta (G) & Green Beans

Lentil Bolognese
Served with Pasta (G) & Green Beans (V)

Ham or Cheese Baguettes (G,D) /
Cheese (D), Baked Beans or Tuna Mayo (E,F)

Jacket Potato with Side Salad

Fruit Salad

Roast Gammon
Served with Boiled Potatoes, Peas, Carrots & Gravy

Roasted Falafel (G)
Served with Boiled Potatoes, Peas, Carrots & Gravy (V)

Pasta (G) & Tomato Sauce, Cheese (D)
or Tuna (E,F)

Chocolate Brownie (G,E,So)

Brunch Lunch- Sausage(G,So,Su), Bacon,
Baked Beans, Hash Brown & Tomato

Veggie Brunch Lunch - Vegetarian Sausage (So),
Omelette (E,D), Hash Brown, Baked Beans & Tomato (V)

Cheese (D), Baked Beans or Tuna Mayo (E,F)
Jacket Potato with Side Salad

Pear & Raspberry Crumble (G,So) with Custard (D)

Fish Fingers (G,F)
Served with Chips & Baked Beans or Peas

Cheese & Sweetcorn Puff (G,D,So,L,M)
Served with Chips & Baked Beans or Peas (V)

Pasta (G) & Tomato Sauce, Cheese (D)
or Tuna (E,F)

Raspberry Ripple Ice Cream (D)

Allergen Information: Menu descriptions may not list every individual ingredient. We are aware of the presence of allergens requiring labelling, so please ask a member of the catering team should you require any more details. Vegetarian options are indicated by the symbol (V) and Vegan options are indicated by the symbol (Ve).