

# St John's Primary School Lunchtime Menu — October 2011 to April 2012

	Monday	Tuesday	Wednesday	Thursday	Friday
Week Beginning	Homemade Spaghetti Bolognaise	Arabian Lamb served with Rice	Roast Chicken served with Roast Potatoes and Gravy	Lamb Meatballs in Homemade Tomato Sauce served with Pasta	Homemade Piri Piri Chicken
31 <sup>st</sup> October 2011					
28 <sup>th</sup> November 2011	Oven Baked Fish Cake served with Wedges	Homemade Margherita Pizza	Homemade Quorn Keema Curry served with Rice	Homemade Tuna Salad Wrap	Oven Baked Fish Fingers
26 <sup>th</sup> December 2011		Oven Baked Fish Finger served with creamed Potatoes	Oven Baked Breaded Lemon Sole Served with Creamed Potatoes		
23 <sup>rd</sup> January 2012	Peas Baked Beans	Sweetcorn Broccoli Florets	Fresh Cabbage Carrot Roundels	Whole Green Beans Sweetcorn	Chipped Potatoes Baked Beans Garden Peas
20 <sup>th</sup> February 2012					
19 <sup>th</sup> March 2012	Choice of Salads  Cheese and Biscuit  Fresh Fruit Platter	Choice of Salads  Chocolate Ice Cream Roll  Fresh Fruit Platter	Choice of Salads  Homemade Fruit Pudding with Custard  Fresh Fruit Platter	Choice of Salads  Muller Peach Yoghurt  Fresh Fruit Platter	Choice of Salads  Pineapple and Custard  Fresh Fruit Platter
Week Beginning	Homemade Neapolitan Pasta with Chicken	Homemade Beef Curry served with Rice	Roast Lamb served with Gravy	Homemade Spaghetti Bolognaise	Oven Baked Spicy Chicken Bites
7 <sup>th</sup> November 2011					
5 <sup>th</sup> December 2011	Oven Baked Breaded Haddock served with Herby Diced Potatoes	Homemade Tuna and Sweetcorn Wrap	Oven Baked Fish Fingers	Homemade Jacket Potato with Cheese	Oven Baked Fish Portion
2 <sup>nd</sup> January 2012			Roast Potatoes	Oven Baked Breaded Fish Cake Served with Creamed Potatoes	Chipped Potatoes
30 <sup>th</sup> January 2012	Peas Baked Beans	Cauliflower Mixed Vegetables	Fresh Cabbage Baton Carrots	Broccoli Florets Sweetcorn	Baked Beans Garden Peas
27 <sup>th</sup> February 2012					
26 <sup>th</sup> March 2012	Choice of Salads  Homemade Rice Pudding with Mandarins  Fresh Fruit Platter	Choice of Salads  Muller Fruit Corner  Fresh Fruit Platter	Choice of Salads  Homemade Lemon Drizzle Cake with Custard  Fresh Fruit Platter	Choice of Salads  Arctic Roll  Fresh Fruit Platter	Choice of Salads  Homemade Chocolate Pudding with Chocolate Custard  Fresh Fruit Platter
Week Beginning	Oven Baked Chicken Burger served in a Bun	Homemade Lamb Curry with Creamed Potatoes	Roast Chicken served with Roast Potatoes and Gravy	Oven Baked Lamb Sausages in Gravy served with Creamed Potatoes	Oven Baked Barbecue Chicken
14 <sup>th</sup> November 2011					
12 <sup>th</sup> December 2011	Oven Baked Fish Goujons served with Wedges	Homemade Roasted Vegetable Pizza	Homemade Tuna and Cucumber Wrap	Homemade Quorn Paella	Oven Baked Fish Fingers
9 <sup>th</sup> January 2012		Oven Baked Breaded Fish Portion Served with Creamed Potatoes		Oven Baked Breaded Fish Cake Served with Creamed Potatoes	Chipped Potatoes
6 <sup>th</sup> February 2012	Baked Beans Mixed Vegetables	Sweetcorn Broccoli Florets	Cauliflower Florets Carrots	Sweetcorn Whole Green Beans	Baked Beans Garden Peas
5 <sup>th</sup> March 2012					
2 <sup>nd</sup> April 2012	Choice of Salads  Muller Raspberry Yoghurt  Fresh Fruit Platter	Choice of Salads  Peaches and Custard  Fresh Fruit Platter	Choice of Salads  Cheese and Biscuit  Fresh Fruit Platter	Choice of Salads  Homemade Chocolate Cake with Mandarins and Custard  Fresh Fruit Platter	Choice of Salads  Flavoured Milk / Yoghurt  Fresh Fruit Platter
Week Beginning	Homemade Lasagne	Homemade Chicken Curry with Rice	Roast Beef served with Gravy	Oven Baked Lamb Burger	Oven Baked Jerk Chicken
21 <sup>st</sup> November 2011					
19 <sup>th</sup> December 2011	Oven Baked Lemon Sole	Homemade Macaroni Cheese	Oven Baked Fish Fingers	Homemade Roasted Vegetable Tart	Oven Baked Fish Goujons
16 <sup>th</sup> January 2012		Oven Baked Breaded Fish Cake Served with Creamed Potatoes	Roast Potatoes	Oven Baked Wedges	Chipped Potatoes
13 <sup>th</sup> February 2012	Peas Baked Beans	Sweetcorn Cauliflower Florets	Broccoli Florets Baton Carrots	Baked Beans Sweetcorn	Baked Beans Garden Peas
12 <sup>th</sup> March 2012					
9 <sup>th</sup> April 2012	Choice of Salads  Homemade Semolina Pudding with Pears  Fresh Fruit Platter	Choice of Salads  Homemade Jelly with Fruit  Fresh Fruit Platter	Choice of Salads  Homemade Fruit Biscuit with Custard  Fresh Fruit Platter	Choice of Salads  Muller Strawberry Yoghurt  Fresh Fruit Platter	Choice of Salads  Homemade Marble Cake with Custard  Fresh Fruit Platter

A choice of brown and white bloomer or french bread is available daily, some bread served without spread. Our baked beans are reduced salt and sugar. Our chipped potatoes and wedges are less than 5% fat. Cherry tomatoes, coleslaw and cucumber to be served daily with x2 additional salads. Homemade sauce available with main course dishes daily. Fresh fruit platter available daily.