

Zest St. John's Primary Menu Nov 2018 – Feb 2019

Key (V) vegetarian (HM) Homemade (GF) gluten free option available (DF) dairy free option available

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Week Commencing: 05.11.2018 – 26.11.2018 – 17.12.2018 – 21.01.2019 – 11.02.2019					
Main Course Choices We use Local Farm Assured Meats and MSC Fish...	Jacket Potatoes with Various Meat and Veggie Toppings (V) (DF)(GF) Option available	'Taco Tuesday' Savoury Mince or Bean and Cheese Wrap (V)(HM)(GF)	Roast Chicken (GF)(DF) & Stuffing Or Quorn Fillet (V)(GF)	Sausage, Mash and Gravy (DF) Or Cheese Flan (V)(HM)	MSC Fish Fillet (DF)(GF) Or Veggie Nuggets x 3 (V)
Side Dishes Salad Bar Available Daily	Coleslaw and Salad		Seasonal Vegetables & Potatoes	Creamed Potato & Garden Peas	Baked Beans or Peas & Chips
Dessert of the Day	Home Baked Cookie (V)	Jelly Pot (V)(DF)(HM)(GF)	Carrot Cake Muffin (HM)(V)(DF)	Yeo Valley Organic Yoghurt Pot (V)(GF)	Ice Cream Pot (V)(GF)

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Week Commencing: 12.11.2018 – 03.12.2018 – 07.01.2019 – 28.01.2019					
Main Course Choices We prepare our food fresh each day using fresh ingredients...	Homemade Pizza Slice with Various Meat and Veggie Toppings (V)(HM) (DF)(GF) Option available	Mediterranean Lamb with Rich Tomato Sauce (HM)(DF)(GF) Or Macaroni Cheese (V)	Roast Beef (GF)(DF) and Mini Yorkshire pudding Or Veg Cottage Pie (V)(HM)	Frankfurter Style Chicken Hot Dog (GF)(DF) Or Pulled Quorn (HM)(V)	MSC Fish Fingers/Salmon Fish Fingers (GF)(DF) Or Veggie Sausage Roll (HM)(V)
Side Dishes Salad Bar Available Daily	Coleslaw and Salad	Pasta and Mixed Vegetables	Seasonal Vegetables & Potatoes	Soft Brioche Bun Potato Wedges	Baked Beans or Sweetcorn & Chips
Dessert of the Day	Shortbread Square (HM)(V)	Cherry Cupcake (HM)(V)	Raspberry Ripple Mousse (V)	Ginger Cake (HM)(V)	Ice Cream Pot (V)(GF)

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Week Commencing: 19.11.2018 – 10.12.2018 – 14.01.2019 – 04.02.2019					
Main Course Choices Our Eggs are Cage Free!	'All Day Brunch' 1 x Bacon, 1 x Sausage, 1 x Hash Brown, ½ Tomato & Baked Beans Veggie Sausage & Egg Available for Vegetarians (V)	Spaghetti Bolognese (HM)(DF) Or Veg Spring Roll and Egg Fried Rice (V)(HM)	Roast Pork (GF)(DF) with Stuffing Or Quorn and Leek Puff Pie (V)(HM)	Garlic Chicken (HM)(GF) Or Veggie Mince Lasagne (HM)(V)	MSC Fish Fillet (DF)(GF) Or Southern Coated Quorn Fillet
Side Dishes Salad Bar Available Daily			Seasonal Vegetables & Potatoes	Herby Diced Potatoes & Mixed Vegetables	Baked Beans or Peas & Chips
Dessert of the Day	Australian Crunch (HM)(V)	Cheese and Biscuits (V)	Reduced Sugar Angel Delight (HM)(V)(GF)	Steamed Apple Sponge & Custard (HM)(V)	Ice Cream Pot (V)(GF)

Fresh whole fruit is always available as an alternative to the daily dessert. Homemade bread, salad bar & milk will be provided at mealtimes.

Allergens and dietary needs are catered for, please contact us if you need special meals provided for your child.

We welcome any comments and feedback from parents and children – zest@wellswaymat.com



St John's
CofE Primary School

