

November 2020 St Johns Primary School



Phase 3 Hot Meals Menu (Served in each bubble)

Week Commencing – 02.11/16.11/30.11/14.12

<p style="text-align: center;">Meat Free Monday</p> <p style="text-align: center;">Macaroni Cheese (V) or Jacket Potato with Beans (DF)(GF) Both served with Garlic Bread and a Mixed Salad</p> <p style="text-align: center;">Fresh Melon Wedges (V)(DF)(GF)</p>
<p style="text-align: center;">Tuesday</p> <p style="text-align: center;">Hot Dog (DF) or Cheese and Tomato Pinwheel <i>(Gluten and Dairy Free Option Available)</i> Both served with Sauté Potatoes</p> <p style="text-align: center;">Chocolate Cookie (V) or Fruit Piece</p>
<p style="text-align: center;">Wednesday</p> <p style="text-align: center;">Homemade Coated Chicken Fillet (DF) or Southern Style Quorn Burger (V) Both served with Shredded Lettuce in a Bun with Potato Wedges and Sweetcorn <i>(Gluten Free Chicken and Bun Available)</i></p> <p style="text-align: center;">Homemade Fruity Flapjack (V)(GF)(DF) or Fruit Piece</p>
<p style="text-align: center;">Thursday</p> <p style="text-align: center;">Pasta Bolognaise (DF)(GF) <i>(Gluten Free Pasta Available)</i> or 5 Bean Chilli and Rice (V)(GF)(DF)</p> <p style="text-align: center;">Homemade Vanilla Cupcake (V) or Fruit Piece</p>
<p style="text-align: center;">Friday</p> <p style="text-align: center;">Battered Fish Fillet <i>(Gluten Free Fish Fingers Available)</i> Or Cheese & Red Pepper Flan (V) Both served with Chips and Wholewheat Spaghetti Hoops</p> <p style="text-align: center;">Ice Cream Pot (V)(GF) or Fruit Piece</p>

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Phase 3 Hot Meals Menu (Served in each bubble)

Week Commencing - 09.11/23.11/07.12

Meat Free Monday
Homemade Margarita Pizza Slice (V) Served with Seasoned Diced Potatoes and a Mixed Salad <i>(Dairy Free and Gluten Free Pizza Available)</i> Or Vegetarian Cottage Pie (V)(GF) Australian Chocolate Crunch (V) or Fruit Piece
Tuesday
Beef Lasagne or Pasta with a Homemade Tomato and Vegetable Sauce (V)(DF) Both served with Garlic Bread <i>(Gluten Free Pasta Available)</i> Homemade Fruit Muffin (V) or Fruit Piece
Wednesday
Farm Assured Sausage or Homemade Quorn Sausage Roll (V) Both served with Mashed Potatoes and Peas Homemade Oat and Apricot Cookie (V)(DF) or Fruit Piece
Thursday
Mild Chicken Curry (GF) or Vegetable Spring Roll (V) Served with Savoury Rice Chocolate and Beetroot Cupcake (V) or Fruit Piece
Friday
Golden Fish Fingers x 2 or Vegetable Nuggets x 3 Served with Chips and Baked Beans <i>(Gluten Free Fish Fingers Available)</i> Ice Cream Pot (V)(GF) or Fruit Piece