



St John of Jerusalem
Church of England Primary School

Lunch Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	<u>Vegetarian Day</u> Veggie Hot Dog in a Bun With Ketchup and Fried Onions	Fish Pie Mac and Cheese	BBQ Chicken Wings	Creamy Shepherd's Pie (Lamb)	Crusted Chicken Nuggets
Vegetarian Dish	Couscous with Roasted Vegetables	Roasted Vegetable, Tomato Pasta	Crispy Baked Vegetarian Empanada	Jacket Potato with Cheese or Baked Beans	Homemade Vegetable Burger
Starch	With Main Meal	With Main Meal	Homemade Herby Roast Potatoes	With Main Meal	Hand Cut Chunky Chips
Vegetable	Braised Apple and Red Cabbage	Broccoli and Peas	Corn on the Cob	Roast Carrots and Beans	Peas or Baked Beans
Dessert	Winter Apple Tray Bake	Fresh Fruit Salad	Yoghurt or Fresh Fruits	Banana Bread or Fresh Fruit	Fresh Fruit Platter
Drink	Water / Milk	Water / Milk	Water / Milk	Water / Milk	Water / Milk



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Lunch Menu

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	<u>Vegetarian Day</u> Margharita Pizza on Wholemeal Base	Grilled Chicken Thigh	Cheesy Beef Pasta Bake	Mild Chicken Curry	Oven Baked Breaded Fish Fillet with Ketchup
Vegetarian Dish	With Main Meal	Grilled Jerk Quorn Slices	Lentil and Vegetable Tomato Pasta	Vegetable and Chickpea Curry	Vegetarian Sausages with Ketchup
Starch	Oven Baked Potato Wedges	Jollof Rice	French Bread	Steamed Rice	French Fries
Vegetable	Corn on the Cob	Beans and Peas	Carrot and Sliced Green Beans	Steamed Broccoli	Garden Peas
Dessert	Dorset Apple Tray Bake	Fresh Fruit Salad or Yoghurt	Rice Pudding with Fruit Compote	Short Bread Biscuit	Fresh Fruit Platter
Drink	Water / Milk	Water / Milk	Water / Milk	Water / Milk	Water / Milk



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Lunch Menu

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	<u>Vegetarian Day</u> 50/50 Pasta with Homemade Vegetable Tomato Sauce and Cheese	Chicken Sausage	Soy and Honey Vegetable Chicken Stir Fry	Minced Beef Pie	Cod or Salmon Fish Fingers
Vegetarian Dish	With Main Meal	Vegetarian Sausage	Vegetable & Quorn Stir-Fry	Seasonal Winter Vegetable Pie	Homemade Vegetarian Sausage Roll/Samosas
Starch	Homemade Irish Soda Bread	Creamy Mashed Potatoes	Steamed Seasoned Rice	Roast Potatoes Slices with Rosemary	Oven Baked Wedges
Vegetable	Steamed Mixed Vegetables	Peas & Carrots	Steamed Broccoli and Cauliflower	Steamed Cabbage and Carrots	Baked Beans or Peas
Dessert	Fresh Fruit Platter or Yoghurt	Goosey Chocolate Brownie or Fresh Fruit Selection	Yoghurt or Fresh Fruit Selection	Apple Crumble with Custard or Fresh Fruit	Fresh Fruit Platter or Yoghurt
Drink	Water / Milk	Water / Milk	Water / Milk	Water / Milk	Water / Milk