








# St John the Baptist PS School Lunch Menu Sept 21



**Breads**  
Milk, Water  
Fresh Fruit,  
Yoghurt  
Available Daily

**Salad Selection**  
Rice Salad,  
Coleslaw  
Sweet Chilli Pasta  
Tossed Salad  
Lettuce, Cherry  
Tomato  
Grated Carrots  
Cucumber  
Diced Red Peppers  
Red Onion  
Radish  
Beetroot

**If You Require  
Any Additional  
Information on  
Allergens or  
Special Diets  
Please Contact  
the School to  
complete a  
Special Diets  
Application Form**

	Monday	Tuesday	Wednesday	Thursday	Friday
 <b>Week 1 – 01/09/21</b>			Homemade breaded chicken goujons, selection of dipping sauces or spicy chicken fajita with warm tortilla wrap, sweetcorn, salad selection, mashed potato, hot pasta twists Fresh fruit selection	Roast pork or Roast chicken, herb stuffing, gravy, fresh baton carrots, broccoli florets, mashed potato  Chocolate muffin	Hot dog or ciabatta pizza slices, baked beans, peas, tossed salad, chips, mashed potato  Flakemeal biscuit
 <b>Week 2 – 06/09/21</b>	Chicken chow mein or steak burger, gravy, broccoli florets, fresh baton carrots, mashed potato,  Fresh fruit selection	Breast of chicken curry with boiled rice & naan bread or homemade margherita pizza, garden peas, tossed salad, pasta twists Shortbread	Cheesy bolo pasta or fresh fish goujons with lemon slice, tartar sauce, baked beans, garden peas, sweetcorn, salad selection, mashed potato Jelly pot	Roast breast of chicken or chicken crumble, herb stuffing, gravy, cauliflower cheese, fresh diced carrots/parsnips, mashed potato Chocolate muffin	Chicken nuggets or hot Thai flavoured chicken wrap, salsa dip, salad selection, chips, baked potato  Vanilla ice cream
 <b>Week 3 – 13/09/21</b>	Italian bolognese or breaded fish fingers, baked beans, sweetcorn, broccoli florets, mashed potato Ice-cream	Mac & cheese or homemade salt and chilli chicken goujons, selection of dipping sauces, baton carrots, salad selection, chips, mashed potato Jelly pot	Mexican enchilada or oven baked sausages, garden peas, Mediterranean roasted vegetables, mashed potato, baby boiled potatoes Fresh fruit selection	Chicken panini or roast turkey, herb stuffing, cranberry sauce, gravy, fresh carrot or parsnip, fresh savoy cabbage, mashed potato Chocolate cookie	Traditional homemade chicken or smooth & hearty vegetable soup, steak burger in bap or bang bang chicken in hot baguette, mashed potato, tossed salad, selection of breads Frozen mousse
 <b>Week 4 - 20/09/21</b>	Breast of chicken curry with boiled rice & naan bread or chicken & broccoli bake, garden peas, fresh savoy cabbage, gravy, mashed potato Chocolate muffin	Chicken stir fry & noodles or oven baked sausages, sweetcorn, baton carrots, mashed potato  Flakemeal biscuit	Spaghetti bolognese or fresh breaded fish fillets or salmon fish cake, lemon slice and tartar sauce, broccoli & cauliflower florets, mashed potato Selection of fruit	Roast chicken or beef stew, herb stuffing, gravy, diced turnip, baton carrots, mashed potato Jelly pot	Homemade margherita pizza or marinated chicken fillets with warm tortilla wraps, salad selection, sweetcorn, traditional champ, chips Artic roll
 <b>Week 5 – 27/09/21</b>	Spaghetti bolognese & homemade garlic bread or breaded fish fingers, baton carrots, medley of vegetables, mashed potato  Vanilla ice cream	Breast of chicken curry & rice, naan bread or chicken & cheese melt, garden peas, salad selection, mashed or boiled potatoes,  Jelly pot	Homemade breaded chicken goujons, selection of dipping sauces or spicy chicken fajita with warm tortilla wrap, sweetcorn, salad selection, mashed potato, hot pasta twists Fresh fruit selection	Roast pork or Roast chicken, herb stuffing, gravy, fresh baton carrots, broccoli florets, mashed potato  Chocolate muffin	Hot dog or ciabatta pizza slices, baked beans, peas, tossed salad, chips, mashed potato  Flakemeal biscuit