






ST John the Baptist PS School Lunch Menu Nov 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
 Week 1 – 01/11/21	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
 Week 2 – 08/11/21	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
 Week 3 – 15/11/21	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 breast of 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 Artichoke roll
 Week 4 - 22/11/21	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
 Week 5 – 29/11/21	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

Menu choices subject to deliveries, Fresh fish may contain bones
Rice, pasta and gravy can be served daily