

# WEEK 1 MENU

W/C: 13/06,04/07,05/09,26/09,17/10  
St Johns Primary



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SPRING/SUMMER 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Main Dish	<b>Chinese Veggie Noodles</b> Stir-fried veg & egg noodles with soy sauce	<b>Chicken Korma with Rice</b>	<b>Roast Chicken with Roast Potatoes and Gravy</b> Succulent roast chicken with fluffy roasties and tasty gravy	<b>Beef Meatballs in Tomato Sauce with Pasta</b>	<b>Golden Fish Fingers and Chips</b> Crispy fish fingers and scrummy chips
Alternative Dish	<b>Macaroni Cheese</b> Cheesy macaroni pasta	<b>Allegra's Broccoli and Cauliflower Cheese Pie</b> Cheesy broccoli and cauliflower with a shortcrust topping	<b>Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy</b> A chunky sweet potato and chickpea roast	<b>Butternut Squash and Tomato Bake with Rice</b> A delicious butternut squash and tomato bake served with rice	<b>Quorn Dippers and Chips</b> Crispy Quorn nuggets
Salads	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot	A Selection of Fresh Salads Including lettuce, cucumber, tomato, grated carrot
Jacket Potato	<b>Jacket Potato</b> with a choice of fillings	<b>Jacket Potato</b> with salmon mayonnaise and a choice of fillings		<b>Jacket Potato</b> with a choice of fillings	
Pasta			<b>Tomato Pasta</b> A delicious fresh, homemade tomato sauce with penne pasta		<b>Tomato Pasta</b> A delicious fresh, homemade tomato sauce with penne pasta
Vegetables	Green Beans and Sweetcorn	Peas and Broccoli	Carrots and Cabbage	Broccoli and Sweetcorn	Baked Beans and Peas
Desserts	Vanilla Ice Cream	Secret Brownie	Shortbread Biscuit with Fruit Slices	<b>Pineapple Upside Down Cake</b> with Custard	Lemon Slice

**AVAILABLE EVERY DAY**

WATER, SALAD, FRESHLY BAKED BREAD, YOGHURT & FRESH FRUIT

Vegetarian Oily fish Wholegrain Fruity! Nutritionist's Choice

Internal

# WEEK 2 MENU

W/C: 0/06,11/07,12/09,03/10

St Johns Primary School

**Chartwells**  
So much more than Fantastic Food



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**Hot Main Dish**

**Veggie Bolognese**   
Penne pasta in a yummy tomato sauce

**Allegra's Asian Sticky Noodles**  
Chicken and vegetables in sweet sauce with noodles

**Roast Turkey with Roast Potatoes and Gravy**  
Succulent roast turkey with fluffy roasties and tasty gravy

**Cottage Pie**   
A classic cottage pie with veg and gravy

**Golden Fish Fingers and Chips**  
Crispy fish fingers and scrummy chips

**Alternative Dish**

**Cheese and Tomato Pizza**   
Cheesy tomato topped pizza slice

**Allegra's BBQ Beans**   
Tasty BBQ beans served with cornbread

**Creamy Vegetable Pie**   
with Roast Potatoes and Gravy  
Creamy vegetable pie with a cheesy shortcrust topper

**Mild Chickpea and Potato Curry**  
Served with wholemeal rice

**Tomato Veggie Burger**   
With Chips

**Salads**

**A Selection of Fresh Salads**  
Including lettuce, cucumber, tomato, grated carrot

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**Jacket Potato**

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With a choice of fillings

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With a choice of fillings

**Jacket Potato**   
With a choice of fillings

**Pasta**

**Tomato Pasta**   
A delicious fresh, homemade tomato sauce with penne pasta

**Tomato Pasta**   
A delicious fresh, homemade tomato sauce with penne pasta

**Vegetables**

Carrot Sticks and Cucumber Sticks

Peas and Broccoli

Carrots and Cabbage

Green Beans and Sweetcorn

Baked Beans and Peas

**Desserts**

**Flapjack with Fruit Slices**

**Orange Shortbread**   
with Fruit Slices

**Crunchy Chocolate Biscuit**

**Fruity Chocolate Brownie**

**Vanilla Ice Cream**

**SPRING/SUMMER 2022**

**AVAILABLE EVERY DAY**

WATER, SALAD, FRESHLY BAKED BREAD, YOGHURT & FRESH FRUIT

**Vegetarian** **Oily fish** **Wholegrain** **Fruity!** **Nutritionist's Choice**

Internal

# WEEK 3 MENU

W/C: 06/06,27/06,18/07,19/09,10/10

St Johns Primary School

**Chartwells**  
So much more than Fantastic Food



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hot Main Dish

Macaroni Cheese   
Cheesy Macaroni Pasta

Chinese Chicken Noodles

Roast Chicken with Roast Potatoes and Gravy

Succulent roast Chicken with fluffy roasties and tasty gravy

Beef Bolognese   
With pasta

Southern Fried Chicken Tasters

Lightly seasoned crispy chicken strips and scrummy chips

Alternative Dish

Veggie Sausage and Mash with Gravy   
Fluffy mash with veggie sausages and rich gravy

Veggie Balls In Tomato Sauce with Pasta

Butternut Squash and Potato Pastry Slice with Roast Potatoes and Gravy   
A chunky butternut squash and potato slice

Veggie Lasagne   
served with a bread wedge  
Delicious sheets of pasta layered with veggies and tomato sauce

Soft Taco and Chips   
A soft taco shell filled with a yummy veggie tomato chilli

Salads

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With a choice of fillings

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Pasta

Tomato Pasta   
A delicious fresh, homemade tomato sauce with penne pasta

Tomato Pasta   
A delicious fresh, homemade tomato sauce with penne pasta

Vegetables

Peas and Carrots

Sweetcorn and Broccoli

Carrots and Cabbage

Green Beans and Sweetcorn

Baked Beans and Peas

Desserts

Oatie Biscuit with Fruit Slices

Apple and Carrot Yoghurt Muffin

Strawberry Ice Cream

Chocolate Sponge Cake

Crispy Crackle Bar

SPRING/SUMMER 2022

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Vegetarian Oily fish Wholegrain Fruity! Nutritionist's Choice

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