


# St Johns Primary

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One 2 <sup>nd</sup> -6 <sup>th</sup>	<p>Fish cakes or cheese &amp; tomato pizza Sweet corn Chips or pasta</p> <p>Artic roll, fruit or yoghurt</p>	<p>Steak burger or chicken curry &amp; rice Turnip Mashed potato or pasta</p> <p>Semolina &amp; fruit, fruit or yoghurt</p>	<p>Oven baked sausages or tuna Wrap, baked beans or peas Diced potato or baked potato Apple crumble &amp; custard or fruit or yoghurt</p>	<p>Roast beef, gravy, carrots &amp; parsnips Mashed potatoes, oven baked roast potatoes</p> <p>Shortcake or fruit or yoghurt</p>	<p>Pasta bolognaise with healthy garlic bread, or boiled ham Cabbage, mashed potatoes or pasta</p> <p>Jelly, &amp; Fruit or yoghurt</p>
Week Two 9 <sup>th</sup> -13 <sup>th</sup>	<p>Chilli Beef &amp; noodles or bacon, turnip, gravy Mashed potatoes or noodles</p> <p>Semolina &amp; two fruits or Fruit or yoghurt</p>	<p>Peppered chicken &amp; brown rice or fish fingers, gravy Mixed vegetables Mashed potatoes or pasta Fruit sponge &amp; custard or fruit or yoghurt</p>	<p>Chicken &amp; broccoli bake or homemade pizza Selection of salads or baked beans, chips or pasta Flake meal biscuit or fruit or yoghurt</p>	<p>Roast chicken, stuffing, gravy Carrots, oven roast potatoes &amp; mashed potatoes</p> <p>Jelly &amp; fruit or yoghurt</p>	<p>ST PATRICKS DAY</p> 
Week Three 16 <sup>th</sup> -20 <sup>th</sup>	SCHOOL CLOSED	SCHOOL CLOSED	<p>Steak burger or macaroni cheese, sweetcorn, chips or pasta</p> <p>Frozen mousse, fruit or yoghurt</p>	<p>Homemade vegetable soup with homemade bread Hot dog or Chicken wrap</p> <p>Jelly &amp; fruit or yoghurt</p>	<p>Fresh fish in crumbs, parsley sauce or Irish stew, mixed vegetables Mashed potatoes or pasta</p> <p>Chocolate sauce &amp; pears, fruit or yoghurt</p>
Week Four 23 <sup>rd</sup> -27 <sup>th</sup>	<p>Chicken fried rice and curry sauce or steak burger, turnip, mashed potato, gravy</p> <p>Frozen mousse, fruit or yoghurt</p>	<p>Fish fingers or homemade pizza with peas or baked beans Chips or pasta</p> <p>Ice cream, fruit, yoghurt</p>	<p>Pasta bolognaise with healthy garlic bread or bacon, peas, gravy Mashed potatoes or pasta Apple crumble &amp; custard fruit, or yoghurt</p>	<p>Braised steak or sausages Mixed vegetables, mashed potatoes or noodles</p> <p>Semolina &amp; fruit, fruit or Yoghurt</p>	<p>Roast chicken, stuffing, gravy, carrots &amp; parsnips Mashed potatoes &amp; oven roast potatoes</p> <p>Shortbread, fruit or yoghurt</p>
Week Five 30 <sup>th</sup> -31 <sup>st</sup>	<p>Italian beef or steak burger, turnip, gravy Mashed potatoes or pasta</p> <p>Fruit sponge &amp; custard, fruit or yoghurt</p>	<p>Chicken curry &amp; brown rice with naan bread or Bacon Baked beans or peas Rice or chips</p> <p>Ice cream, fruit or Yoghurt</p>			

# school food

**Bread, Fresh Fruit, Yoghurt, Milk and Water are available daily**

**If you require any additional Information on allergens or Special diets please contact the school in the first instance**

