



St John's CofE & St Chrysostom's CofE Primary School - Week One



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Chicken Goujons Chicken breast cooked in golden breadcrumbs served with potato wedges and corn on the cob</p> 	<p>Cheese Wheel Seasoned potatoes mixed with Cheese and encased in a puff pastry, baked in the oven and Served with mashed potato and peas.</p> 	<p>Spaghetti Bolognese. Choose from fresh minced beef or soya mince cooked with onions, garlic, tomatoes, and herbs, served on a bed of spaghetti served with crusty bread and broccoli.</p> 	<p>Chicken Tikka Masala Fresh chicken or Quorn pieces cooked with cumin, ginger, garlic, chilli, garam masala and tomatoes served on a bed of rice and green beans.</p> 	<p>Fish 'Fry-day' Fish Fingers baked in the oven & served with chips and baked beans.</p> 

*Jacket potatoes available Monday, Wednesday & Friday
chooses from a variety of fillings cheese, tuna mayo & baked beans.*

Pasta dish available Tuesday & Thursday

Or

Deli Bar - Available Everyday

Design your own sandwich, first choose your bread - wraps, assorted batch, or sliced bread, then choose your filling a selection of the following will be available daily - cheese, tuna, turkey, egg and finally finish with a choice of salad - carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn and peppers.

Dessert

Fresh Fruit and Yoghurts are available daily along with the dessert of the day

<i>Fruit Platter</i>	<i>Chocolate Cookie</i>	<i>Arctic Roll</i>	<i>Jelly</i>	<i>Chocolate Muffin</i>
Drink				

Water or milk is available daily.



St John's CofE & St Chrysostom's CofE Primary School - Week Two



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Chicken Goujons Chicken breast cooked in golden breadcrumbs served with potato wedges and corn on the cob.</p> 	<p>Chilli and Rice Choose from either fresh mince beef or Quorn mince cooked with onions, mild chilli powder, red peppers and kidney beans and served on a bed of rice with sweetcorn.</p> 	<p>Cheese & Tomato Pasta Bake Pasta spirals coated in a tomato and basil sauce, then topped with cheese and baked in the oven. Served with broccoli.</p> 	<p>Chicken Byriani Pieces of chicken cooked with rice and mild spices. Served with mixed vegetables.</p> 	<p>Fish 'Fry-day' Breaded cod fillets baked in the oven & served with chips and baked beans.</p> 

Jacket potatoes available Monday, Wednesday & Friday
choose from a variety of fillings cheese, tuna mayo & baked beans.

Pasta dish available Tuesday & Thursday

Or

Deli Bar - Available Everyday

Design your own sandwich, first choose your bread - wraps, assorted batch, or sliced bread, then choose your filling a selection of the following will be available daily - cheese, tuna, turkey, egg and finally finish with a choice of salad - carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn and peppers.

Dessert

Fresh Fruit and Yoghurts are available daily along with the dessert of the day

Fruit Platter	Arctic Roll	Chocolate Fudge Cake and Chocolate Sauce	Fruit Salad	Muffin
Drink				

Water or milk is available daily.



St John's CofE & St Chrysostom's CofE Primary School - Week Three



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Chicken Goujons Chicken breast cooked in golden breadcrumbs served with potato wedges and corn on the cob.</p> 	<p>Chicken Chow Mein Egg noodles cooked with chicken, onions, garlic, peppers and soy sauce. Served with broccoli.</p> 	<p>Pizza Day A selection of homemade pizza Choose from either Cheese & Tomato, or Pepperoni. Served with sweetcorn.</p> 	<p>Sausage & Mash Chicken or Quorn sausages oven baked and served with creamy mashed potato, gravy and sliced carrots.</p> 	<p>Fish 'Fry-day' Breaded cod fillet fingers baked in the oven & served with chips and baked beans.</p> 

*Jacket potatoes available Monday, Wednesday & Friday
chooses from a variety of fillings cheese, tuna mayo & baked beans.*

Pasta dish available Tuesday & Thursday

Or

Deli Bar - Available Everyday

Design your own sandwich, first choose your bread - wraps, assorted batch, or sliced bread, then choose your filling a selection of the following will be available daily - cheese, tuna, turkey, egg and finally finish with a choice of salad - carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn and peppers.

Dessert

Fresh Fruit and Yoghurts are available daily along with the dessert of the day

Fruit Platter

Iced Sponge

Arctic Roll

Fruit Platter

Shortbread

Drink

Water or milk is available daily.