



# ST.JOHN THE BAPTIST CHOICE MENU

IF YOU REQUIRE ANY ADDITIONAL INFORMATION ON ALLERGENS OR SPECIAL DIETS THEN PLEASE CONTACT THE SCHOOL IN THE FIRST INSTANCE

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	<p>Oven Baked Sausages /Chicken Pasta Bake Baked Beans/Salad Creamed Potatoes</p> <p>Rice Pudding and Pears</p>	<p>Spaghetti Bolognese/Hm Pizza Salad Crusty Bread/Wheaten Bread</p> <p>Jam Sponge &amp; Custard</p>	<p>Roast Chicken with Stuffing and Gravy Carrots and Parsnips Roast and Creamed Potatoes</p> <p>Flake meal Biscuit and Milkshake/Fruit</p>	<p>Fish Fingers/Chicken Curry &amp; Rice Peas/Side Salad Chips/Creamed Potatoes</p> <p>Fruit Jelly and Yoghurt</p>	<p>Irish Stew Carrots Crusty Bread / Sweet Chilli Chicken Tortilla wraps Salad/Oven Baked Potato wedges</p> <p>Ice cream &amp; Mandarin Oranges</p>
Week 2	<p>Oven Baked Fish in Crumbs/savoury mince Peas/Sweet corn Chips/Creamed Potatoes</p> <p>Fresh Fruit Salad Yoghurt</p>	<p>Fresh Vegetable Soup</p> <p>Beef Burger &amp; Onion/Tortilla wraps &amp; Salad</p> <p>Flakemeal Biscuit &amp; Milkshake/Fruit</p>	<p>Chicken Stir fry &amp; Noodles /Sausage meat Pie Beans Creamed Potato</p> <p>Pears and Custard</p>	<p>Baked Gammon and Pineapple with Gravy Cabbage Creamed Potatoes</p> <p>Rice Pudding and Fruit</p>	<p>Chicken Curry / Chicken Casserole with Boiled Rice /Mashed Potatoes Peas/Sweet corn</p> <p>Apple Crumble and Custard</p>
Week 3	<p>Chicken Bites with Chilli Sauce/Pasta Bake Side Salad/Coleslaw Chips/Creamed Potatoes</p> <p>Ice Cream/ Fresh Fruit Milk</p>	<p>Roast Beef Carrots and Peas Boiled Rice/Creamed Potatoes</p> <p>Milk Pudding and Fruit</p>	<p>Fish Fingers/Chicken Curry &amp; Rice Peas/Salad Creamed Potatoes</p> <p>Fruit &amp; Yoghurt</p>	<p>Roast Turkey Gravy Broccoli/Carrots Creamed Potatoes</p> <p>Apple Crumble and Custard</p>	<p>Savoury Mince Creamed /Baked Potatoes Carrots /Hm Pizza &amp; Salad</p> <p>Date Krispies &amp; Custard</p>
Week 4	<p>Spaghetti Bolognese /vegetable Stir fry &amp; noodles /Side Salad /Crusty Bread</p> <p>Chocolate Sponge &amp; Custard</p>	<p>Fresh Homemade Soup</p> <p>Hot dog with Onions/filled Rolls &amp; Salad</p> <p>Flakemeal Biscuit Fruit &amp; Milkshake</p>	<p>Chicken Pie/Sweet Chili Chicken &amp; Rice Carrots and Parsnips Creamed Potatoes</p> <p>Rice Pudding and Fruit</p>	<p>Roast Beef with Gravy Cabbage Creamed Potatoes</p> <p>Short Bread Biscuit &amp; Custard</p>	<p>Salmon Fish Cakes /Beef Burger &amp; Bap Baked beans/Salad Chips/Baked Potatoes</p> <p>Fruit Jelly and Custard</p>

Available daily – Bread, fresh fruit, yogurt, milk, and water