



St John's *Week One* Menu



Wk beginning
24th Feb and
17th March

Planet day
Monday

Tuesday

Wednesday

Thursday

Fishy
Friday

The main meal

Vegan sausage with onion gravy (VE)

Beef spaghetti Bolognese

Fairground burger

Roast pork with crispy stuffing balls

Mixed fish fingers

Vegetarian

Cheesy leek and mushroom pie (V)

Vegetable and cheese enchiladas (V)

Cheese and tomato omelette (V)

Stir fry vegetables with egg noodles (V)

Potato and spinach Korma (V)

Jacket potato

Jacket potato (VE) with cheese (V), baked beans (VE), coleslaw (VE) or plain (VE)
Seasonal mixed salad (VE)

Seasonal vegetables

Mashed potatoes (V)
Steamed carrots (VE)

Garlic bread (V)
Mixed salad (VE)

Curly fries and
Baked beans (VE)

Roast potatoes and
Steamed greens (VE)

White rice,
peas & sweetcorn
(VE)

Dessert

Yoghurt (V) or
Fresh fruit (VE)

Marble sponge (V)
Yoghurt (V)
Fresh fruit (VE)

Shortbread biscuit (VE)
Yoghurt (V)
Fresh fruit (VE)

Chocolate flapjack (V)
Yoghurt (V)
Fresh fruit (VE)

Orange and
blackcurrent jelly (V)
Yoghurt (V)
Fresh fruit (VE)

We fully support the welfare of all our children by offering a healthy hot lunch

(V = Vegetarian)
(VE = Vegan)



St John's

Week One Allergen content



Dishes														
	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Vegan sausage with onion gravy		✓ wheat barley												
Cheesy leek and mushroom pie		✓ wheat					✓						may contain	
Mashed potato							✓							
Yoghurts							✓							
Beef spaghetti Bolognaise	✓	✓ wheat												
Vegetable and cheese enchiladas	✓	✓ wheat					✓							
Garlic bread		✓ wheat					may contain						may contain	
Marble sponge		✓ wheat		✓									may contain	
Fairground burger		✓ wheat					✓					may contain	✓	



St John's

Week One Allergen content



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Cheese & tomato omelette				✓			✓							
Jacket potato with cheese							✓							
Curly fries		✓ wheat												
Shortbread biscuit		✓ wheat											may contain	
Roast pork with crispy stuffing balls		✓ wheat												
Stir fry vegetables and egg noodles		✓ wheat		✓									✓	
Chocolate flapjack		✓ oats (may contain wheat and barley)					✓						✓	
Mixed fish fingers		✓ wheat			✓									
Potato and spinach korma							✓							