



St John's *Week Three Menu*



Wk beginning
10th March and
31st March

Planet day
Monday

Tuesday

Wednesday

Thursday

Friday

The main meal

Vegan sausage roll (VE)

Spaghetti meatballs in
Napoli sauce

Chicken tower burger

Pork sausage and
gravy

Battered fish and
gherkin sauce

Vegetarian

Vegetable lasagne (V)

Macaroni cheese with
butternut squash (V)

Mushroom, egg and
cheese toastie (V)

Vegan sausage and
butter bean
casserole (VE)

Cheese and onion
pastie (V)

Jacket potato

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

Seasonal vegetables

Savoury rice and
sweetcorn (VE)

Garlic bread (V)
Mixed salad (VE)

New potatoes and
baked beans (VE)

Mashed potato (V)
Carrots (VE)

Chips and peas (VE)

Dessert

Selection of melons (VE)
Yoghurt (V) or
Fresh fruit (VE)

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

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

Swiss roll (V)
Yoghurt (V)
Fresh fruit (VE)

Strawberry and mixed
fruit jelly (VE)
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 Three Allergen content

Menu



Dishes														
	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Vegan sausage roll		✓ wheat												
Vegetable Lasagne	✓	✓ wheat					✓		may contain				may contain	
Yoghurts							✓							
Spaghetti meatballs with Napoli sauce		✓ wheat												
Macaroni cheese with butternut squash		✓ wheat					✓						may contain	
Garlic bread		✓ wheat					may contain						may contain	
Berry sponge		✓ wheat		✓									may contain	
Chicken tower burger		✓ wheat					may contain					may contain		
Mushroom, egg and cheese toastie		✓ wheat		✓			✓						may contain	

(may contain barley, oats, rye or spelt)

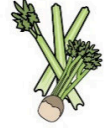

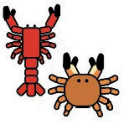
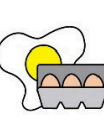
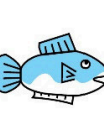
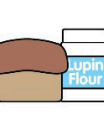










St John's

Week Three Allergen content

Menu



Dishes														
	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Chocolate mousse							✓							
Jacket potato with cheese							✓							
Vegan sausage & butter bean casserole	✓												✓	
Mashed potato							✓							
Swiss Roll		✓ wheat		✓									may contain	
Battered fish and gherkin sauce		✓ wheat			✓				✓					
Cheese and onion pastie		✓ wheat					✓							