

St. John the Baptist PS School Lunch Menu Jan 23



Breads
Milk, Water
Fresh Fruit,
Yoghurt
Available Daily

Salad Selection
Rice Salad,
Coleslaw
Sweet Chilli Pasta
Tossed Salad
Lettuce, Cherry
Tomato
Grated Carrots
Cucumber
Diced Red Peppers
Red Onion
Radish
Beetroot

**If You Require
Any Additional
Information on
Allergens or
Special Diets
Please Contact
the School to
complete a
Special Diets
Application Form**

	Monday	Tuesday	Wednesday	Thursday	Friday
 Week 1 – 05/01/23				Roast gammon or chicken & pasta bake, stuffing, fresh carrot batons, cauliflower florets, mashed potato, oven roast potato, gravy Ginger biscuit	Oven baked sausages or macaroni cheese, garden peas, coleslaw, baked potato, chips Ice-cream & fruit pieces
 Week 2 – 09/01/23	Steak burger or stuffed bacon roll, baked beans, sweetcorn, broccoli florets, mashed potato, gravy Fresh fruit or fresh yoghurt	Pasta bolognese or fresh breaded fish goujons, fresh carrot batons, garden peas, herb diced potato, parsley sauce Flakemeal biscuit	Breast of chicken curry with boiled rice & naan bread or oven baked sausage, garden peas, diced carrots, mashed potato, gravy Jelly	Roast breast of chicken or flaked salmon wrap, stuffing, broccoli florets, tossed salad, oven roast potatoes, mashed potato, gravy Shortbread	Homemade Margherita pizza or marinated chicken & vegetable stir fry, noodles, sweetcorn, salad, selection, chips Ice-cream & fruit pieces
 Week 3 – 16/01/23	Spaghetti bolognese or ham & cheese melt, garden peas, salad selection, pasta salad, mashed potato, gravy Muffin	Homemade breaded chicken goujons & dip or chicken wrap, diced carrots, salad selection, herb diced potato Jelly pot	Breast of chicken curry with boiled rice & naan bread or oven baked breaded fish fingers, sweetcorn, broccoli florets, mashed potato Fresh fruit or fresh yoghurt	Roast breast of chicken or roast pork, stuffing, fresh diced carrots, broccoli florets, oven roast potatoes, mashed potato, gravy Rice Krispie square	Oven baked sausages or peppered chicken, garden peas, tossed salad, baked beans, baked potato, chips Ice-cream and fruit pieces
 Week 4 – 23/01/23	Homemade Margherita pizza or ham & cheese pizza or chicken panini, garden peas, tossed salad, herb diced potato Flakemeal biscuit & water melon slice	Breast of chicken curry with boiled rice & naan bread or steak burger, broccoli florets, carrots, mashed potato, gravy Muffin	Italian pasta or fresh breaded fish goujons, baked beans, sweetcorn/garden peas, mashed potato Jelly pot	Roast breast of chicken or chicken crumble, stuffing, gravy, fresh diced carrots/parsnips, oven roast potato mashed potato Cookie	Chicken nuggets or beef lasagne, sweetcorn salad selection, mashed potato, chips Frozen yoghurt
 Week 5 – 30/01/23		Breast of chicken curry & boiled rice, naan bread or chicken panini wrap, sweetcorn, broccoli florets, herb diced potato Jelly pot	Homemade breaded chicken goujons & dip or cottage pie, salad selection, baked beans, diced turnip, mashed potato, gravy Flakemeal biscuit	Roast gammon or chicken & pasta bake, stuffing, fresh carrot batons, cauliflower florets, mashed potato, oven roast potato, gravy Ginger biscuit	Oven baked sausages or macaroni cheese, garden peas, coleslaw, baked potato, chips Ice-cream & fruit pieces

**Menu choices subject to deliveries, Fresh fish may contain bones
Rice, pasta and gravy can be served daily**