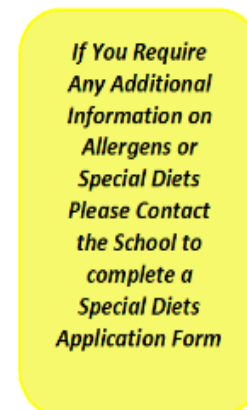






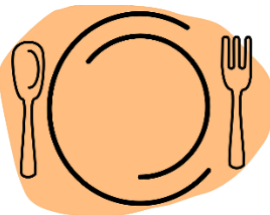





St. John the Baptist PS School Lunch Menu Feb 23



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|---|--|
|  Week 1 – 01/02/23 | School closed | Breast of chicken curry with boiled rice & naan bread or oven baked sausage, garden peas, diced carrots, mashed potato, gravy Jelly | Homemade breaded chicken goujons & dip or cottage pie, salad selection, baked beans, diced turnip, mashed potato, gravy | 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 – 06/02/23 | Steak burger or stuffed bacon roll, baked beans, sweetcorn, broccoli florets, mashed potato, gravy Fresh fruit or fresh yoghurt | Pasta bolognaise 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 – 13/02/23 | Mid Term break  |  |  |  |  |
|  Week 4 – 20/02/23 | Breast of chicken curry with boiled rice & naan bread or steak burger Broccoli florets, carrots, mashed potato, gravy Muffin | Homemade Margherita or ham & cheese pizza or homemade casserole garden peas, tossed salad. Chips or mashed potato Flakemeal biscuit | Italian pasta bake or fresh bread fish goujons, baked beans, sweetcorn/garden peas, mashed potato Jelly pot | Roast breast of chicken or chicken panini, traditional stuffing, oven roast potato, mashed potato, gravy Cookie | Chicken nuggets or beef lasagne, sweetcorn, salad selection, mashed potato, chips Frozen yoghurt |
|  Week 5 – 27/02/23 | Oven baked breaded fish fingers or savoury mince, carrots, garden peas, mashed potato Fresh fruit | Breast of chicken curry & boiled rice, naan bread or chicken panini/wrap Sweetcorn, broccoli florets, chips or mashed 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, traditional stuffing, fresh baton carrots, cauliflower florets, mashed potato, gravy Cornflake square | Oven baked sausages or macaroni cheese, garden peas, coleslaw, chips Ice-cream |

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