



St John's CofE & St Chrysostom's CofE Primary School - Week One



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Cheese Wheel</i> Seasoned potatoes mixed with Cheese and encased in a puff pastry, baked in the oven and Served with mashed potato and peas.</p> 	<p><i>Sausages</i> Chicken or Quorn sausages oven baked and served crispy cubed potatoes and baked beans.</p> 	<p><i>Spaghetti Bolognaise.</i> Choose from fresh minced beef or soya mince cooked with onions, garlic, tomatoes, and herbs, served on a bed of spaghetti served with crusty bread and broccoli.</p> 	<p><i>Chicken Tikka Masala</i> Fresh chicken or Quorn pieces cooked with cumin, ginger, garlic, chilli, garam masala and tomatoes served on a bed of rice and green beans.</p> 	<p><i>Fish 'Fry-day'</i> Fish Fingers baked in the oven & served with chips and baked beans.</p> 
<p><i>Jacket potatoes available Tuesday & Thursday</i> chooses from a variety of fillings cheese, tuna mayo & baked beans. <i>Pasta dish available Monday , Wednesday & Friday</i></p>				
<p><i>Or</i></p>				
<p><i>Deli Bar - Available Everyday</i> Design your own sandwich, first choose your bread - wraps, assorted batch, or sliced bread, then choose your filling a selection of the following will be available daily - cheese, tuna, turkey, egg and finally finish with a choice of salad - carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn and peppers.</p>				
<p><i>Dessert</i> Fresh Fruit and Yogurts are available daily along with the dessert of the day</p>				
Fruit Platter	Chocolate Cookie	Arctic Roll	Jelly	Chocolate Muffin
<p><i>Drink</i></p>				
<p>Water or milk is available daily.</p>				



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Chicken Goujons Chicken breast cooked in golden breadcrumbs served with potato wedges and corn on the cob.</p> 	<p>Chilli and Rice Choose from either fresh mince beef or Quorn mince cooked with onions, mild chilli powder, red peppers and kidney beans and served on a bed of rice with sweetcorn.</p> 	<p>Cheese & Tomato Pasta Bake Pasta spirals coated in a tomato and basil sauce, then topped with cheese and baked in the oven. Served with broccoli.</p> 	<p>Chicken Byriani Pieces of chicken cooked with rice and mild spices. Served with mixed vegetables.</p> 	<p>Fish 'Fry-day' Breaded cod fillets baked in the oven & served with chips and baked beans.</p> 
<p>Jacket potatoes available Tuesday & Thursday chooses from a variety of fillings cheese, tuna mayo & baked beans. Pasta dish available Monday, Wednesday & Friday</p>				
<p>Or</p>				
<p>Deli Bar - Available Everyday Design your own sandwich, first choose your bread - wraps, assorted batch, or sliced bread, then choose your filling a selection of the following will be available daily - cheese, tuna, turkey, egg and finally finish with a choice of salad - carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn and peppers.</p>				
<p>Dessert Fresh Fruit and Yogurts are available daily along with the dessert of the day</p>				
Fruit Platter	Arctic Roll	Chocolate Fudge Cake and Chocolate Sauce	Fruit Salad	Muffin
<p>Drink Water or milk is available daily.</p>				



St John's CofE & St Chrysostom's CofE Primary School - Week Three



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Pizza Day A selection of homemade pizza Choose from either Cheese & Tomato, or Pepperoni. Served with sweetcorn.</p> 	<p>Chicken Chow Mein Egg noodles cooked with chicken, onions, garlic, peppers and soy sauce. Served with broccoli.</p> 	<p>Smothered Chicken Choose from a fresh chicken drumstick or a Quorn fillet topped with BBQ sauce and cheese and baked in the oven and served with savoury rice and mixed vegetables.</p> 	<p>Sausage & Mash Chicken or Quorn sausages oven baked and served with creamy mashed potato, gravy and sliced carrots.</p> 	<p>Fish 'Fry-day' Breaded cod fillet fingers baked in the oven & served with chips and baked beans.</p> 
<p>Jacket potatoes available Tuesday & Thursday chooses from a variety of fillings cheese, tuna mayo & baked beans. Pasta dish available Monday , Wednesday & Friday</p>				
<p>Or</p>				
<p>Deli Bar - Available Everyday Design your own sandwich, first choose your bread - wraps, assorted batch, or sliced bread, then choose your filling a selection of the following will be available daily - cheese, tuna, turkey, egg and finally finish with a choice of salad - carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn and peppers.</p>				
<p>Dessert Fresh Fruit and Yogurts are available daily along with the dessert of the day</p>				
Fruit Platter	Iced Sponge	Arctic Roll	Fruit Platter	Shortbread
<p>Drink Water or milk is available daily.</p>				