

ST. JOHN'S CHURCH OF ENGLAND MIDDLE SCHOOL

M O N D A Y

Chicken Burger
OR
Vegetable Burger (v)
with herby-diced potatoes, sweetcorn and peas

T U E S D A Y

Chicken Balti
OR
Vegetable Balti (v)
with boiled rice and broccoli

W E D N E S D A Y

Chicken roast
OR
Quorn toad in the hole (v)
with roast potatoes OR mash, Yorkshire pudding, carrots and green beans

T H U R S D A Y

Spaghetti Bolognese
OR
Vegetarian Bolognese (v)
with garlic bread and mixed vegetables

F R I D A Y

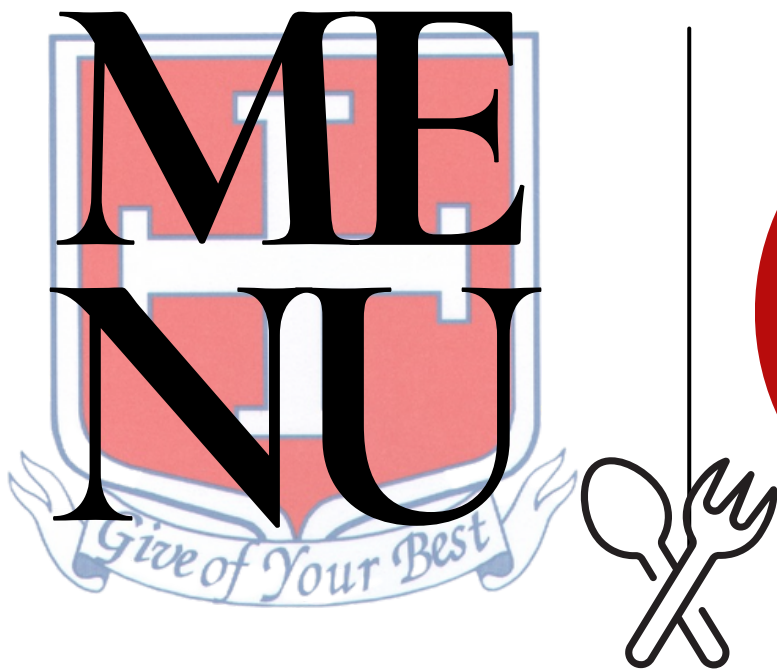
Fish
OR
Cheese Onion Quiche (v)
with chips and peas OR baked beans

D E S E R T

A selection of cakes, Jelly, Mousse, Fruit Flapjack & Yoghurts



W E E K 1



ST. JOHN'S CHURCH OF ENGLAND MIDDLE SCHOOL

MONDAY

Chicken nuggets
OR
Vegetable fingers (v)
with Sautee potatoes and Baked bean or peas

TUESDAY

Beef Chilli
OR
Quron Chilli (v)
with boiled rice and mixed vegetables

WEDNESDAY

Roast Chicken
OR
Quorn Fillet (v)
with mash roast potatoes stuffing cauliflower and carrots

THURSDAY

Beef Lasagne
OR
Macaroni Cheese (v)
with garlic bread and sweetcorn

FRIDAY

Fish
OR
Cheese and Tomato Pizza (v)
with chips and peas OR baked beans

DESSERT

A selection of cakes, Jelly, Mousse, Fruit Flapjack & Yoghurts





ST. JOHN'S CHURCH OF ENGLAND MIDDLE SCHOOL

M O N D A Y

Cheeseburgers
OR
Quorn Hot Dog (v)
with herby diced potatoes, sweetcorn

T U E S D A Y

Chicken Korma
OR
Vegetable Korma (v)
with rice and carrots

W E D N E S D A Y

Roast chicken
OR
Quorn Sausages (v)
with mash OR roast potatoes, stuffing and mixed vegetables

T H U R S D A Y

Meatballs and Spaghetti
OR
Tomato Pasta (V)
with peas

F R I D A Y

Fish
OR
Cheese and Onion Pasties (V)
with chips, baked beans OR peas

D E S E R T

A selection of cakes, Jelly, Mousse, Fruit Flapjack & Yoghurts

