

ST JOHN'S PRIMARY MENU

Allergen Information: Menu descriptions may not list every individual ingredient. We are aware of the presence of allergens requiring labelling, so please ask a member of the catering team should you require any more details. Vegetarian options are indicated by the symbol (V).

WEEK 1

4/11, 25/11, 16/12, 20/1, 10/2, 10/3, 31/3

MONDAY

Beef Bolognese (G,C)
with Spaghetti Pasta & Sweetcorn

Vegetarian Bolognese (G,So,C)
with Spaghetti Pasta & Sweetcorn (V)

Jacket Potato
Cheese, Baked Beans or Tuna Mayo

Raisin Cookie (G,M,So)

THURSDAY

Chicken Masala Curry (G,C,M,D)
with Jewelled Rice & Cauliflower

Quorn Tikka Masala (G,D,So,M,C,E) with Jewelled Rice & Cauliflower (V)

Jacket Potato
Cheese, Baked Beans or Tuna Mayo

Lemon Drizzle (G,E,S)

WEEK 2

11/11, 2/12, 6/1, 27/1, 24/2, 17/3

MONDAY

Pepperoni Pizza (G,M)
with Herby Diced Potatoes & Green Beans

Margherita Pizza (G,M)
with Herby Diced Potatoes & Green Beans (V)

Jacket Potato
Cheese, Baked Beans or Tuna Mayo

Cherry Shortbread (G,So,S)

THURSDAY

Cottage Pie (C,S)
with Peas & Carrots

Vegetable Cottage Pie (S,C,So)
with Peas & Carrots (V)

Jacket Potato
Cheese, Baked Beans or Tuna Mayo

Orange Oats Cookies (G,E)

TUESDAY

Chicken Sausage Hot Dog (G,E,D,So)
with Potato Wedges, Salad Sticks or Coleslaw

Vegetarian Hot Dog (So,G)
with Potato Wedges, Salad Sticks or Coleslaw (V) (E,M)

Jacket Potato
Cheese, Baked Beans or Tuna Mayo

Syrup Sponge (G,E,M)

FRIDAY

Fish Finger (F,G)
with Chips, Peas & Baked Beans

Veggie Nuggets (G) with Chips, Peas & Baked Beans (V)

Jacket Potato
Cheese, Baked Beans or Tuna Mayo

Cornflake Cake (G)

TUESDAY

Tomato & Sausage Pasta Twists (G,So,S) with Sweetcorn

Cheese Tomato Pasta Twists (G,D) with Sweetcorn (V)

Jacket Potato
Cheese, Baked Beans or Tuna Mayo

Carrot Cake (G,So,E)

FRIDAY

Battered Fish & Chips (F,G,D),
Baked Beans, Peas

Farmhouse Omelette (E,D)
Chips, Baked Beans & Peas (V)

Jacket Potato
Cheese, Baked Beans or Tuna Mayo

Jam & Coconut Sponge (E,D,S)

WEDNESDAY

Pork Sausage Meat Plait (G,E,S)
with Roasted Potatoes, Carrots, Green Beans & Gravy

Roasted Root Vegetable & Chickpea Wellington (G,C)
with Roasted Potatoes, Carrots, Green Beans & Gravy (V)

Jacket Potato
Cheese, Baked Beans or Tuna Mayo

Strawberry Jelly

WEDNESDAY

Roast Turkey (S)
with Roasted Potatoes, Green Beans, Broccoli & Gravy

Quorn Sausage (So,S)
with Roasted Potatoes, Green Beans, Broccoli & Gravy (V)

Jacket Potato
Cheese, Baked Beans or Tuna Mayo

Orange & Mandarin Jelly

WEEK 3

18/11, 9/12, 13/1, 3/2, 3/3, 24/3

MONDAY

Beef Lasagne (G,D,E,So,M)
with Garlic Bread, Side Salad & Cauliflower

Vegetarian Lasagne (G,D,E,So,M)
with Garlic Bread, Side Salad & Cauliflower (V)

Jacket Potato
Cheese, Baked Beans or Tuna Mayo

Ginger Cookies (G,So)

TUESDAY

Brunch Lunch - (G,So,S)
Sausage, Bacon, Baked Beans & Tomato

Vegetarian Brunch Lunch - (E,D,So)
Vegetarian Sausage, Omelette, Baked Beans & Tomato (V)

Jacket Potato
Cheese, Baked Beans or Tuna Mayo

Tropical Fruit Salad

WEDNESDAY

Roast Chicken (S)
with Roasted Potatoes, Savoy Cabbage, Carrots & Gravy

Roasted Vegetables Quiche (D,G,E,So)
with Roasted Potatoes, Savoy Cabbage, Carrots & Gravy (V)

Jacket Potato
Cheese, Baked Beans or Tuna Mayo

Rainbow Sprinkle Cake (G,E)

THURSDAY

Bacon Sprinkled Macaroni & Cheese (D) with Cauliflower

Macaroni & Cheese (G,D,So)
with Cauliflower (V)
(Vegan Option Available)

Jacket Potato
Cheese, Baked Beans or Tuna Mayo

Rice Pudding (D)
with Jam Topped

FRIDAY

Breaded Fish Stars (G,F)
with Chips, Baked Beans & Peas

Cheese & Onion Slice (G,D,E,M,So)
with Chips, Baked Beans & Peas (V)

Jacket Potato
Cheese, Baked Beans or Tuna Mayo

Vanilla Ice Cream (D)



STAY
HYDRATED

AVAILABLE DAILY

Fresh Salad Bar

Fresh Fruit

KEY

G=gluten
D=Dairy
E=Egg
S=Sulphites
So=Soya
M=Mustard
C=Celery
F=Fish
COOMBS
CATERING PARTNERSHIP