

AUTUMN MENU

Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meat Dish	Veggie meatballs	BBQ chicken	Roasted cod tail with ginger and spring onion	Chicken balti	Fish on Friday (W)
Main Vegetarian Dish	Cheese and onion puff Pastry rolls (D) (W)	Vegetable lasagne (D) (W)	Macaroni in three cheese sauce (D) (W)	Jacket potato with baked beans	Quesadilla (W)(C)
Starchy Dish	Steamed rice	Sautéed potatoes	Summer giant cous cous	Aromatic basmati rice	Sweet Potato fries
Vegetable	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables
Salad	Selection of fresh salad	Selection of fresh salad	Selection of fresh salad	Selection of fresh salad	Selection of fresh salad
Bread	50/50 bread (W)	Garlic bread (W)	50/50 bread (W)	Garlic and coriander naan bread (W)	Olive and sundried bloomer (W)
Dessert	Fruit selection or cheese & biscuits (W) or fruit yoghurt (D)	Fruit selection or cheese & biscuits (W) or fruit yoghurt (D)	Special pudding of the week	Fruit selection or cheese & biscuits (W) or fruit yoghurt (D)	Fruit selection or cheese & biscuits (W) or fruit yoghurt (D)
Drink	Water	Water	Water	Water	Water

Wherever possible, all food is homemade on site from local, British ingredients
 John Donne Primary School is a nut-free and sesame seed free school. We use locally sourced ingredients when available and in season. We aim to provide special dietary requirements including allergens and intolerance. We are committed to reducing salt and sugar by using reduced salt and sugar at all times.
Key: (D) - Dairy, (E) - Eggs, (M) - Chickpea, (C) - (W) - Wheat