

WINTER MENU

Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meat Dish	Chow mein with pepper bean sprouts and bok choi (W)	Marinated chicken wings	Sausages and mash with onion gravy	Chilli Con Carne	Fish on Friday (D) (W)
Main Vegetarian Dish	Jacket potato with beans or cheese (D)	Vegan halloumi with griddled winter vegetables	Veggie sausage rolls (E) (W)	Cannelloni Verdi with ricotta and spinach	Veggie nuggets (W)
Starchy Dish	Egg noodles	Savoury rice	Mashed potato	Steamed rice	Spicy potato wedges
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)	Bloomer (W)	50/50 (W)	Garlic bread (W)	50/50 bread (W)
Dessert	Fruit selection or cheese & biscuits (D) (W) or fruit yoghurt (D)	Fruit selection or cheese & biscuits (D) (W) or fruit yoghurt (D)	Special pudding of the week	Fruit selection or cheese & biscuits (D) (W) or fruit yoghurt (D)	Fruit selection or cheese & biscuits (D) (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, (W) - Wheat, (C) - Chickpea