

# SUMMER

# Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meat Dish	Chow mein with peppers, bean sprouts and bok choy (W)	African beef stew with fried plantain	Sausage and mash with onion gravy	Chilli con carne with taco shells	Fish on Friday (D) (W)
Main Vegetarian Dish	Jacket potato with beans or cheese (D)	Vegetable curry with chickpeas	Veggie sausage rolls (E) (W)	Cannelloni verdi with ricotta and spinach (W)	Veggie nuggets (W)
Starchy Dish	Egg noodles	Savoury rice	Mash potatoes	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