

# John Donne

# Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meat Dish	Tomato and pesto pasta bake <b>(W)</b>	Chilli con carne	Beef lasagne <b>(W) (D)</b>	Salmon, spinach and mushroom in filo pastry <b>(W)</b>	Fish on Friday <b>(W)</b>
Main Vegetarian Dish	Ravioli filled with grilled vegetables <b>(D) (W)</b>	Mexican bean wrap <b>(W)</b>	Sweet potato, chickpea and baby spinach curry	Jacket potatoes tuna, cheese or beans <b>(D)</b>	Vegetable nuggets <b>(E) (W) (C)</b>
Starchy Dish	Pasta <b>(W)</b>	Seasoned rice	Rice/pasta	Savoury bulgur wheat	Seasoned 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 <b>(W)</b>	Bloomer <b>(W)</b>	Garlic bread <b>(W)</b>	50/50 bread <b>(W)</b>	French stick <b>(W)</b>
Dessert	Fruit Selection or cheese & biscuits <b>(D) (W)</b> or fruit yoghurt <b>(D)</b>	Fruit Selection or cheese & biscuits <b>(D) (W)</b> or fruit yoghurt <b>(D)</b>	Chefs pudding of the week	Fruit Selection or cheese & biscuits <b>(D) (W)</b> or fruit yoghurt <b>(D)</b>	Fruit Selection or cheese & biscuits <b>(D) (W)</b> or fruit yoghurt <b>(D)</b>
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 (W), (C) - Chickpeas**