

AUTUMN/WINTER – WEEK 1

John Donne Primary School



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meat or Fish Dish	Italian beef pasta bake	Teriyaki salmon with pickled vegetables and pink ginger	African chicken	Slow roasted lamb, rosemary and garlic pie	Jumbo fish fingers
Main Vegetarian Dish	Vegetable samosa	Jacket potato with baked beans & cheese	John Donne vegetable quiche	Mozzarella and cheddar macaroni cheese	Vegetable spring rolls
Starchy Dish		Egg fried rice	Jollof rice	Sautéed potatoes	Chips
Vegetable	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables
Salad	Selection of fresh salads	Selection of fresh salads	Selection of fresh salads	Selection of fresh salads	Selection of fresh salads
Dessert	Organic mixed yoghurt	Chocolate sponge pudding	Cinnamon rice pudding	Fruit cocktail with strawberry jelly	Ice cream pots
Fruit	Fruit selection, cheese & biscuits or fruit	Fruit selection, cheese & biscuits or fruit yoghurt	Fruit selection or fruit yoghurt	Cheese & biscuits or fruit yoghurt	Fruit yoghurt
Drink	Fresh milk or water	Fresh milk or water	Fresh milk or water	Fresh milk or water	Fresh milk or water

Fresh soup with crusty bread available most days