

AUTUMN/WINTER MENU – WEEK 3

John Donne Primary School



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meat or Fish Dish	Mighty meatballs	Chicken sausage with beef & onion gravy	Tangy lamb tagine	Lasagna	Fish & chips with home-made tartare sauce
Main Vegetarian Dish	Vegetable flan with savoury herb diced potatoes	Vegetarian sausage rolls	Jacket potato with a choice of filling	Vegetable falafel with sweet potato fries	Quorn dippers
Starchy Dish	Cherry tomato and basil pasta	Parsley-buttered steamed potatoes	Lemon rice	Garlic bread	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	Watermelon wedges	Banana cake	Mini chocolate doughnuts	Ice cream with strawberry sauces	Toffee apple crumble and vanilla custard
Fruit	Fruit selection, cheese & biscuits or fruit yoghurt	Fruit selection or cheese & biscuits	Cheese & biscuits or fruit yoghurt	Fruit selection or fruit yoghurt	Fruit selection or cheese & biscuits
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