



## School Menu

### Autumn - Winter 2018/19

## Week 1

Week commencing

5 Sept, 24 Sept, 15 Oct,

12 Nov, 3 Dec, 7 Jan,

28 Jan



**ST JOHN'S**  
CHURCH OF ENGLAND  
ACADEMY



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



Margherita pizza,  
jacket wedges

Gluten Milk

**OR**



Vegetable chickpea  
& coconut curry,  
wholegrain rice

Mustard Milk Gluten Sulphur Dioxide

#### DESSERT



Apple & blackberry  
crumble & custard

Milk Gluten



Beef & vegetable  
fajitas,  
savoury rice

Gluten

VEGETARIAN OPTION AVAILABLE

**OR**



Quorn fajitas,  
savoury rice

Gluten Egg

#### DESSERT



Coconut sponge  
& custard

Milk Egg Gluten Sulphur Dioxide



Chicken pasta bake,  
garlic slice

Gluten Milk

VEGETARIAN OPTION AVAILABLE

**OR**



Jacket potato & cheese  
or baked beans or  
tuna & mixed salad

Milk Egg Fish

#### DESSERT



Cornflake tart  
& custard

Milk Gluten Sulphur Dioxide



MSC fish finger wrap,  
noisette potatoes

Fish Gluten Milk

VEGETARIAN OPTION AVAILABLE

**OR**



Jacket potato & cheese  
or baked beans or  
tuna & mixed salad

Milk Egg Fish

#### DESSERT



Magic chocolate  
pudding  
& chocolate sauce

Milk Egg Gluten



Nottinghamshire  
sausage, gravy &  
mashed potatoes

Gluten

VEGETARIAN OPTION AVAILABLE

**OR**



Vegetarian sausage,  
gravy & mashed  
potatoes

Soya Gluten Sulphur Dioxide

#### DESSERT



Date slice  
& custard

Milk Gluten

**AVAILABLE DAILY:** Fruit yoghurt Milk (when a pudding is being served) Best of both bread Gluten and Soya  
Seasonal vegetables available daily Coleslaw Egg when served



## School Menu

Autumn - Winter 2018/19

### Week 2

Week commencing

10 Sept, 1 Oct, 22 Oct,  
19 Nov, 10 Dec, 14 Jan,  
4 Feb



**ST JOHN'S**  
CHURCH OF ENGLAND  
ACADEMY



#### MONDAY



Vegetarian sausage roll & gravy, roast new potatoes

Celery Milk Gluten

**OR**



Macaroni vegetable cheese, garlic slice

Mustard Milk Gluten

#### DESSERT



Butterscotch mousse & banana

Milk

#### TUESDAY



Nottinghamshire sausage, onion gravy, mashed potatoes & Yorkshire pudding

Gluten Egg Milk

VEGETARIAN OPTION AVAILABLE

**OR**



Quorn sausage, onion gravy, mashed potatoes & Yorkshire pudding

Gluten Egg Milk

#### DESSERT



Crispy jam tart & custard

Milk Gluten Sulphur Dioxide

#### WEDNESDAY



Roast turkey, stuffing, gravy, roast & mashed potatoes

Gluten

VEGETARIAN OPTION AVAILABLE

**OR**



Quorn roast, stuffing, gravy, roast & mashed potatoes

Milk Egg Gluten

#### DESSERT



Fruit flapjack & milkshake

Gluten Milk

#### THURSDAY



Cheesy cottage pie & gravy

Milk Fish

VEGETARIAN OPTION AVAILABLE

**OR**



Jacket potato & cheese or baked beans or tuna & mixed salad

Milk Egg Fish

#### DESSERT



Chocolate ice cream roll & chocolate sauce

Soya Milk Egg Gluten

#### FRIDAY



MSC fish goujons, jacket wedges

Gluten Fish

VEGETARIAN OPTION AVAILABLE

**OR**



Jacket potato & cheese or baked beans or tuna & mixed salad

Milk Egg Fish

#### DESSERT



Fruit in jelly & cream swirl

Milk

**AVAILABLE DAILY:** Fruit yoghurt Milk (when a pudding is being served) Best of both bread Gluten and Soya Seasonal vegetables available daily Coleslaw Egg when served



## School Menu

### Autumn - Winter 2018/19

### Week 3

Week commencing

17 Sept, 8 Oct, 5 Nov,  
26 Nov, 17 Dec, 21 Jan,  
11 Feb



ST JOHN'S

CHURCH OF ENGLAND  
ACADEMY



#### MONDAY



Quorn dippers  
in a tortilla wrap,  
jacket wedges

Milk Egg Gluten

OR



Cheese & tomato  
quiche,  
potato croquettes

Milk Egg Gluten

#### DESSERT



Honey & oatmeal  
cookie & milkshake

Gluten Milk

#### TUESDAY



Venison burger  
in a bun,  
jacket wedges

Soya Milk Egg Gluten

VEGETARIAN OPTION AVAILABLE

OR



Quorn burger  
in a bun,  
jacket wedges

Soya Milk Egg Gluten

#### DESSERT



Butterscotch tart

Gluten Milk

#### WEDNESDAY



Roast gammon,  
Yorkshire pudding,  
gravy, mashed & roast  
potatoes

Gluten Egg Milk

VEGETARIAN OPTION AVAILABLE

OR



Quorn roast,  
Yorkshire pudding,  
roast & mashed  
potatoes

Gluten Egg Milk

#### DESSERT



Cheese crackers  
& apple wedge

Milk Gluten

#### THURSDAY



BBQ chilli beef wrap,  
savoury rice

Gluten Milk

VEGETARIAN OPTION AVAILABLE

OR



Jacket potato & cheese  
or baked beans or  
tuna & mixed salad

Milk Egg Fish

#### DESSERT



Cherry shortcake  
& custard

Milk Gluten Egg

#### FRIDAY



MSC breaded fish,  
ovenchips

Fish Gluten

VEGETARIAN OPTION AVAILABLE

OR



Jacket potato & cheese  
or baked beans or  
tuna & mixed salad

Milk Egg Fish

#### DESSERT



Apricot slice  
& custard

Milk Gluten

**AVAILABLE DAILY:** Fruit yoghurt **Milk** (when a pudding is being served) **Best of both bread** **Gluten and Soya**  
Seasonal vegetables available daily **Coleslaw** **Egg** when served