

John Blow Summer Term Menu 2022

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Quorn dippers, Roast new potatoes & Crunchy veg MILK EGG GLUTEN	Lasagne MILK GLUTEN & crusty bread SESAME GLUTEN Sweet corn & mixed salad	Sunshine pizza, seasoned jacket wedges, carrot & cucumber sticks & coleslaw GLUTEN MILK EGG	Sausage & gravy GLUTEN SULPHUR DIOXIDE Mash & roast potatoes, carrots & green beans	Fish fingers GLUTEN FISH tomato ketchup, diced potatoes & peas
Jacket Potato	Baked beans Cheese MILK Tuna Mayonnaise FISH EGG Mixed salad	Baked beans Cheese MILK Tuna Mayonnaise FISH EGG Mixed salad	Baked beans Cheese MILK Tuna Mayonnaise FISH EGG Mixed salad	Baked beans Cheese MILK Tuna Mayonnaise FISH EGG Mixed salad	Baked beans Cheese MILK Tuna Mayonnaise FISH EGG Mixed salad
Baguette 7.5"	Tuna mayonnaise GLUTEN SESAME FISH EGG Mixed salad	Cheese GLUTEN SESAME MILK Mixed salad	Ham GLUTEN SESAME Mixed salad	Tuna mayonnaise GLUTEN SESAME FISH EGG Mixed salad	Ham & Cheese GLUTEN SESAME MILK Mixed salad
pudding	Jam sponge GLUTEN SULPHUR DIOXIDE EGG custard MILK	Fruit yoghurt MILK	Strawberry jelly & shortbread finger GLUTEN	Chocolate muffin GLUTEN EGG	Raspberry ripple ice cream roll & vanilla sauce EGG MILK SOYA GLUTEN
Vegetarian option available Served daily- best of both bread - Allegens GLUTEN SOYA					

John Blow Summer Term Menu 2022

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Cheese & tomato parcel GLUTEN MILK crunchy new potatoes, ranch salad EGG & sweetcorn	Spaghetti Bolognese FISH GLUTEN & carrot & cucumber sticks	Sausages, diced potatoes & vegetables GLUTEN SULPHUR DIOXIDE	Roast Pork, stuffing & gravy GLUTEN roast & mash potatoes broccoli & carrots	Fish finger wrap GLUTEN MUSTARD FISH chips & peas
Jacket Potato	Baked beans Cheese MILK Tuna Mayonnaise FISH EGG Mixed salad	Baked beans Cheese MILK Tuna Mayonnaise FISH EGG Mixed salad	Baked beans Cheese MILK Tuna Mayonnaise FISH EGG Mixed salad	Baked beans Cheese MILK Tuna Mayonnaise FISH EGG Mixed salad	Baked beans Cheese MILK Tuna Mayonnaise FISH EGG Mixed salad
Baguette 7.5" malted wheat	Tuna mayonnaise GLUTEN SESAME FISH EGG Mixed salad	Cheese GLUTEN SESAME MILK Mixed salad	Ham GLUTEN SESAME Mixed salad	Tuna mayonnaise GLUTEN SESAME FISH EGG Mixed salad	Ham & Cheese GLUTEN SESAME MILK Mixed salad
Pudding	Frozen yoghurt & fruit MILK	Honey cake & custard GLUTEN MILK EGG	Butterscotch tart GLUTEN MILK	Fruit flapjack GLUTEN	Lemon sponge & custard MILK EGG GLUTEN

Vegetarian option available
Served daily- best of both bread - Allergens GLUTEN SOYA

John Blow Spring Term Menu 2022

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Marguerita pizza, rainbow mix, carrot sticks and sweetcorn MILK GLUTEN	Sausage, Yorkshire pudding mash & gravy broccoli carrots GLUTEN MILK EGG SULPHUR DIOXIDE	Tomato & basil pasta GLUTEN & crusty bread GLUTEN SESAME mixed salad & ranch salad EGG	Roast Beef, Yorkshire pudding & gravy GLUTEN EGG MILK , roast new potatoes cabbage & carrots	Fish portion GLUTEN FISH chips and peas
Jacket Potato	Baked beans Cheese MILK Tuna Mayonnaise FISH EGG Mixed salad	Baked beans Cheese MILK Tuna Mayonnaise FISH EGG Mixed salad	Baked beans Cheese MILK Tuna Mayonnaise FISH EGG Mixed salad	Baked beans Cheese MILK Tuna Mayonnaise FISH EGG Mixed salad	Baked beans Cheese MILK Tuna Mayonnaise FISH EGG Mixed salad
Baguette 7.5" malted wheat	Tuna mayonnaise GLUTEN SESAME FISH EGG Mixed salad	Cheese GLUTEN SESAME MILK Mixed salad	Ham GLUTEN SESAME Mixed salad	Tuna mayonnaise FISH EGG GLUTEN SESAME Mixed salad	Ham & Cheese GLUTEN SESAME MILK Mixed salad
Pudding	Fruit yoghurt MILK	Fruit flapjack GLUTEN	Cornflake tart & custard GLUTEN SULPHUR DIOXIDE MILK	Fruit cookie GLUTEN	Fruit scone, jam & cream MILK GLUTEN SULPHUR DIOXIDE

Vegetarian option available
Served daily- best of both bread -Allergens GLUTEN SOYA