

## St John's Green School - Dinner Menu Foundation & KS1 (Year EYFS, 1 & 2)

Please see below the new Universal Free School Meal menu which will run for the next six weeks.

Please ensure that menus are NAMED and returned promptly to the school office to enable your child to get their exact meal choice.

Name \_\_\_\_\_

Class \_\_\_\_\_

|                    |   |                               |                                   |   |   |
|--------------------|---|-------------------------------|-----------------------------------|---|---|
| Week<br>Commencing | <b><u>MEAT FREE MONDAY</u></b>  | Spaghetti Bolognaise          | Homemade Sausage Roll             | Chicken Nuggets   | Fish Fingers  |
|                    | Cheese & Tomato Pizza   | Fresh Bread Wedge             | Creamy Mashed Potatoes            | In a Tortilla Wrap  | Chips   |
|                    |  Jacket Wedges | Mixed Vegetables              | Gravy                             | Savoury Rice  | Peas  |
|                    | Green Beans   |                               | Carrots                           | Fresh Salad & Garlic Mayo   | Baked Beans   |
| 22nd Jan -         | Fresh Fruit Platter   | Apple Flapjack or Fresh Fruit | Fresh Fruit Platter               | Oaty Cookie or Fresh Fruit  | Iced Chocolate Cake or Fresh Fruit  |
| 26th Jan           | Cheese & Vegetable Pizza  | Veggie Spaghetti Bolognaise   | Vegan Sausage Roll                | Falafel in a Tortilla Wrap  | Quorn Fishless Fingers  |
|                    | Ploughmans  | Ploughmans                    | Ploughmans                        | Ploughmans  | Ploughmans  |
|                    | Jacket Potato with Cheese / Beans   | Jacket Potato & Filling       | Jacket Potato with Cheese / Beans | Jacket Potato & Filling   | Jacket Potato with Cheese / Beans   |
| Week<br>Commencing | <b><u>MEAT FREE MONDAY</u></b>  | Homemade Chicken Tikka Masala | Roast Beef & Gravy                | Pepperoni Pizza   | Fish & Chips  |
|                    | Macaroni Cheese   | Naan Bread                    | Yorkshire Pudding                 | Jacket Wedges   | Baked Beans   |
|                    | Fresh Bread Wedge   | Fluffy Rice                   | Roast Potatoes                    |  Sweetcorn | Peas  |
|                    | Salad   | Peas                          | Carrots or Broccoli               |   |   |
| 29th Jan -         | Fresh Fruit Platter   | Vanilla Shortbread or Fruit   | Fresh Fruit Platter               | Frozen Yoghurt Pot or Fruit   | Iced Sprinkle Cake or Fresh Fruit   |
| 2nd Feb            | Fusilli with Tomato & Basil Sauce   | Sweet & Sour Quorn & Rice     | Veggie Burger                     | Cheese & Tomato Pizza   | Veg Nuggets   |
|                    | Ploughmans  | Ploughmans                    | Ploughmans                        | Ploughmans  | Ploughmans  |
|                    | Jacket Potato with Cheese / Beans   | Jacket Potato & Filling       | Jacket Potato with Cheese / Beans | Jacket Potato & Filling   | Jacket Potato with Cheese / Beans   |
| Week<br>Commencing | <b><u>PLANET FRIENDLY MONDAY</u></b>  | Sticky Chicken                | Pork Chipolatas & Gravy           | Hot & Steamy Pasta  | Fish Fingers  |
|                    | Homemade Plant - Based Meatballs  | Fluffy Rice                   | Creamy Mashed Potatoes            | Pepperoni in a Rich Tomato Sauce  | Chips   |
|                    | In a Tasty Tomato Sauce   | Peas & Sweetcorn Medley       | Beans                             | Slice of Garlic Bread   |  Baked Beans |
|                    | Spaghetti   |                               | Peas                              | Sweetcorn   | Peas  |
| 5th Feb -          | Fresh Fruit Platter   | Sultana Flapjack or Fruit     | Fresh Fruit Platter               | Ginger Biscuit or Fruit   | Lemon Drizzle Cake or Fresh Fruit   |
| 9th Feb            | Jacket Potato with Tuna   | Sweet & Sour Quorn & Rice     | Veggie Sausage & Mash             | Tomato & Basil Pasta  | Quorn Dippers   |
|                    | Ploughmans  | Ploughmans                    | Ploughmans                        | Ploughmans  | Ploughmans  |
|                    | Jacket Potato with Cheese / Beans   | Jacket Potato & Filling       | Jacket Potato with Cheese / Beans | Jacket Potato & Filling   | Jacket Potato with Cheese / Beans   |

Fresh Fruit, Yoghurt, and Water available daily.

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|                   |                                      |  |                             |                                   |  |  |
|-------------------|--------------------------------------|--|-----------------------------|-----------------------------------|--|--|
|                   | <b><u>PLANET FRIENDLY MONDAY</u></b> |  | Homemade Chicken Curry      | Homemade Sausage Roll             | Spaghetti Bolognese                        | Fish Fingers                           |
| <b>Week</b>       | Homemade Vegan Cottage Pie           |  | Fluffy Rice                 | Creamy Mashed Potatoes            | Fresh Bread Wedge                          | Chips                                  |
| <b>Commencing</b> | Green Beans                          |  | Naan Bread                  | Gravy                             | Mixed Vegetables                           | Baked Beans                            |
|                   | Carrots                              |  | Peas                        | Carrots                           |  | Peas                                   |
| <b>12th Feb -</b> | Fresh Fruit Platter                  |  | Vanilla Shortbread or Fruit | Fresh Fruit Platter               | Frozen Fruit Smoothie or Fruit             | Apple & Blackberry Cake or Fresh Fruit |
| <b>16th Feb</b>   | Jacket Potato with Tuna              |  | BBQ Quorn & Rice            | Vegan Sausage Roll                | Veggie Bolognese                           | Quorn Fishless Fingers                 |
|                   | Ploughmans                           |  | Ploughmans                  | Ploughmans                        | Ploughmans                                 | Ploughmans                             |
|                   | Jacket Potato with Cheese / Beans    |  | Jacket Potato & Filling     | Jacket Potato with Cheese / Beans | Jacket Potato & Filling                    | Jacket Potato with Cheese/Beans        |
| <b>Week</b>       | <b><u>MEAT FREE MONDAY</u></b>       |  | Pepperoni Pizza             | Steamed Chicken & Gravy           | Beef Lasagne                               | Fish Fingers                           |
| <b>Commencing</b> | Rich & Rustic Pasta & Cheese Option  |  | Jacket Wedges               | Roasted Potatoes                  | Fresh Bread Wedge                          | Chips                                  |
|                   | Fresh Bread Wedge                    |  | Peas                        | Stuffing Ball                     | Fresh Salad                                | Baked Beans                            |
| <b>26th Feb -</b> | Green Beans                          |  |                             | Carrots or Broccoli               |  | Peas                                   |
| <b>1st Mar</b>    | Fresh Fruit Platter or Yoghurt       |  | Sultana Flapjack or Fruit   | Fresh Fruit Platter               | Mango Smoothie or Fruit                    | Chocolate Cake or Fresh Fruit          |
|                   | Fusilli & Tomato & Basil Sauce       |  | Cheese & Tomato Pizza       | Quorn Fillet & Gravy              | Vegetarian Lasagne                         | Veg Nuggets                            |
|                   | Ploughmans                           |  | Ploughmans                  | Ploughmans                        | Ploughmans                                 | Ploughmans                             |
|                   | Jacket Potato with Cheese / Beans    |  | Jacket Potato & Filling     | Jacket Potato with Cheese / Beans | Jacket Potato & Filling                    | Jacket Potato with Cheese/Beans        |
| <b>Week</b>       | <b><u>MEAT FREE MONDAY</u></b>       |  | Sausage Pasta Bake          | Roast Beef & Gravy                | Chicken Nuggets                            | Fish & Chips                           |
| <b>Commencing</b> | Cheese & Tomato Pizza                |  | Fresh Bread Wedge           | Roast Potatoes                    | In a Tortilla Wrap                         | Peas                                   |
|                   | Jacket Wedges                        |  | Green Beans                 | Yorkshire Pudding                 | Savoury Rice                               | Baked Beans                            |
|                   | Peas                                 |  | Sweetcorn                   | Carrots or Broccoli               | Fresh Salad                                |  |
| <b>4th Mar -</b>  | Fresh Fruit Platter                  |  | Oat Cookie or Fresh Fruit   | Fresh Fruit Platter               | Apple Flapjack or Fresh Fruit              | Iced Vanilla Sprinkle Cake             |
| <b>8th Mar</b>    | Cheese & Veg Pizza                   |  | Tomato Pasta Bake           | Vegan Sausage Roll                | Falafel in a Tortilla & Garlic Mayo Option | Quorn Fishless Fingers                 |
|                   | Ploughmans                           |  | Ploughmans                  | Ploughmans                        | Ploughmans                                 | Ploughmans                             |
|                   | Jacket Potato with Cheese / Beans    |  | Jacket Potato & Filling     | Jacket Potato with Cheese / Beans | Jacket Potato & Filling                    | Jacket Potato with Cheese / Beans      |

Fresh Fruit, Yoghurt, and Water available daily.