

St John the Baptist School Menu
Summer Term 1 2025



A selection of salad and bread is available every day.

| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------|--|--|---|---|--|
| Main | Jacket Potato with Tuna Mayo F/E | Chicken Sausage with Red Onion Gravy W | Chinese Chicken with Pak Choi S | Beef Bolognese | Fish Fingers F/W |
| Vegetarian Option | Jacket Potato with Cheese or Beans M | Vegetable and Lentil Pasta W | Spring Roll with Sweet Chilli Sauce W | Vegetable Quorn Nuggets with Tomato Sauce W | Cauliflower Cheese Bake W/M |
| Starch | Included in Main | Creamed Potato M | Rice | Spaghetti New Potatoes W | Sauté Potato |
| Vegetables | Sweetcorn | Peas | Carrots | Mixed Vegetables | Baked Beans Green Beans |
| Salad Bar | Coleslaw Cucumber and Tomato E | Lettuce Tomato | Mixed Salad | Tomato and Onion mixed salad | Coleslaw Beetroot and Cucumber E |
| Desserts | Fresh Fruit or Fruit Yoghurt M | Frozen Fruit Yoghurt Pineapple and Melon M | Cheese and Biscuits Orange Slices W/E | Iced Sponge with Custard Sliced Apple W/E/M | Fresh Fruit Salad |
| Water | Water | Water | Water | Water | Water |

| Week 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------|--------------------------------------|---|---|---|--|
| Main | Macaroni Cheese Medley W/M | Roast Chicken Thigh with Gravy | Cottage Pie M | Chicken Korma W | Cod Squares with Tartare Sauce F/W/E |
| Vegetarian Option | Chick Pea, Potato and Spinach Curry | Quorn Roast with Gravy | Jacket Potato with Baked Beans | Vegetable Samosa with Mango Chutney W | Cheese and Pepper Quiche W/E/M |
| Starch | Rice and Peas | Roast Potato | Included in Main | Rice | Creamed Potato M |
| Vegetables | Sweetcorn and Pepper | Broccoli | Carrot and Peas | Peas | Baked Beans Green Beans |
| Salad Bar | Cucumber, Tomato and Beetroot | Coleslaw Lettuce and Tomato E | Coleslaw Pasta Salad and Cucumber E/W | Coleslaw Cucumber and Tomato E | Coleslaw Cucumber and Tomato E |
| Desserts | Yoghurt Apple and Pear M | Fruit Yoghurt Fresh Fruit M | Mini Doughnuts Fresh Fruit M/E/W | Biscuits and Custard Fruit Salad W/M | Fruit Jelly Fresh Fruit |
| Water | Water | Water | Water | Water | Water/Milk |

| Week 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------|--|--|-------------------------------------|---|--|
| Main | Chinese Stir Fry with Egg Noodles E/W | Chicken Pie with Gravy W | Beef and Pepper Pizza W/M | Cajun Chicken Thigh | Breaded Haddock with Tartare Sauce W/F/E |
| Vegetarian Option | Tomato and Lentil soup with fresh baked roll W/M/E | Tomato and Basil Pasta W | Vegetable and Bean Wrap W | Jacket Potato with Tuna Mayo or Baked Beans E/F | Oven Baked Vegetable Burger W |
| Starch | Included in Main | Mashed Potato M | Spiced Baked Jacket Wedges | Rice | Oven Baked Chips |
| Vegetables | Baby Corn on Cob | Cabbage | Sweetcorn | Broccoli | Peas |
| Salad Bar | Lettuce, Carrot and Sultanas | Cucumber Sticks Lettuce and Tomato | Coleslaw Beetroot E | Mixed Salad Cucumber | Coleslaw Tomato and Onion E |
| Desserts | Choc Chip Mini Muffin with Custard Fresh Fruit M/W/E | Cheese and Crackers Sliced Melon M/W/E | Fruit Salad | Ice Cream with Wafers Fresh Fruit M/E | Fruit Yoghurt Fresh Fruit M |
| Water | Water | Water | Water | Water | Water/Milk |

W - contains wheat
E – contains egg
F – contains fish
S – contain soya
M – contains milk
N – contains nuts
P – contains peanuts
C – contains celery
L – contains lupin
MO – contains mollusc
MU – contains mustard
SS – contains sesame seeds
SD – contains sulphur dioxide