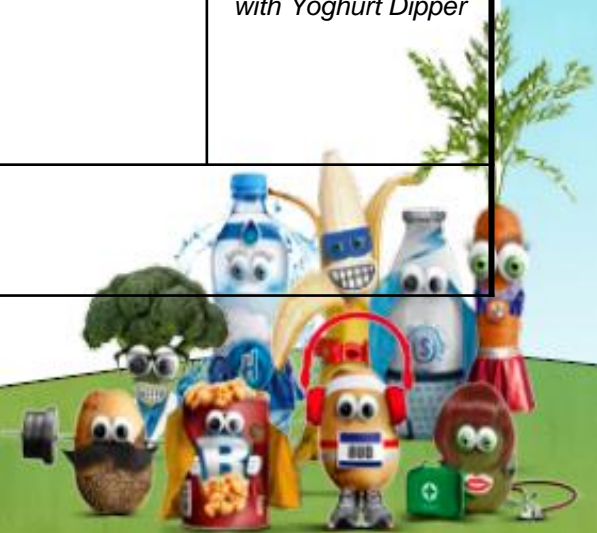


St John's FFL Spring 2018 Menu

Week 1



	Mediterranean	Family Favourites	Traditional	Global Adventure	Fun Day
Hot Main Dish	Mozzarella & Tomato Pizza ** <i>with Pasta Salad **</i>	Chicken Mayo Burger <i>with Jacket Wedges</i>	Roast Pork <i>with Roast Potatoes & Gravy</i>	Beef Chilli <i>with Rice **</i>	Crispy Fish & Chips <i>Crispy Battered Pollock with Chips</i>
Alternative Dish	Mediterranean Summer Beans <i>with Rice *</i>	Vegetable Biryani	Quorn Roast <i>with Roast Potatoes with Gravy</i>	Macaroni, Sweetcorn and Cheese Bake	Veggie Hot Dog <i>with Chips</i>
Jacket Potato	Baked Jackets with a selection of toppings				
Vegetables	Crunchy Salad Peas	House Coleslaw Sweetcorn	Seasonal Cabbage Carrots	Broccoli Cauliflower	Baked Beans Peas
Desserts	Wedges of Melon * and Orange	Mini Chocolate Brownie * <i>with Banana and Custard</i>	Blueberry Fro Yoghurt	Berry Flapjack	Orange Shortbread <i>with Yoghurt Dipper</i>
Cool Water, Fresh Fruit and Yoghurt served daily *Fruit Based **Wholegrain ***Oily Fish					

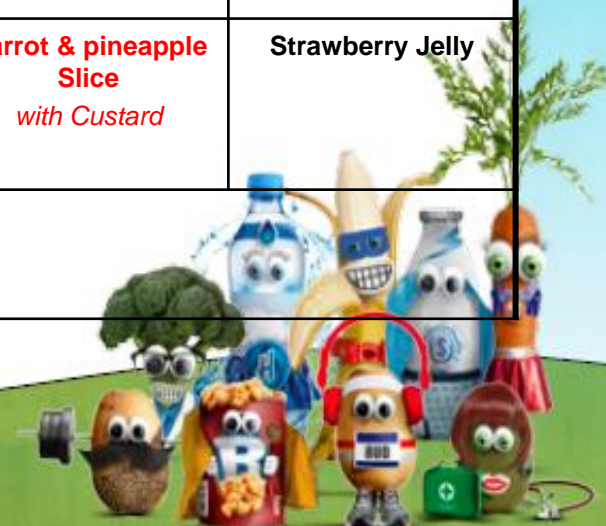


St John's FFL Spring 2018 Menu

Week 2



	Mediterranean	Family Favourites	Traditional	Global Adventure	Fun Day
	Mac 'N' Cheese <i>Macaroni Cheese</i>	Pork Sausages <i>with Creamy Mash and Gravy</i>	Roast Turkey <i>with Roast Potatoes and Gravy</i>	Beef Keema Curry <i>(minced beef curry) with Rice**</i>	Golden Fish Fingers & Chips <i>Breaded Fish Fingers with Chips</i>
Alternative Dish	Vegetarian Moussaka <i>with Garlic & Herb Bread Wedge **</i>	Vegetarian Sausages <i>with Creamy Mash and Gravy</i>	Cauliflower and Broccoli Cheese Bake <i>with Roast Potatoes and Gravy</i>	Creamy Tomato and Basil Pasta **	Bean Burger in a Bun <i>and Tomato Relish with Chips</i>
Jacket Potato	Baked Jackets with a selection of toppings				
Vegetables	Broccoli Sweetcorn	Sweetcorn Seasonal Cabbage	Peas Roasted Vegetables	Carrots Green Beans	Baked Beans Crunchy Light Coleslaw
Desserts	Vanilla Ice Cream	Chocolate and Banana Mousse Pot *	Oatie Biscuit with Fruit Slices *	Carrot & pineapple Slice with Custard	Strawberry Jelly
Cool Water, Fresh Fruit and Yoghurt served daily *Fruit Based **Wholegrain ***Oily Fish					



St John's FFL Spring 2018 Menu

Week 3



	Mediterranean	Family Favourites	Traditional	Global Adventure	Fun Day
Hot Main Dish	Mozzarella & Tomato Pizza ** <i>with Jacket Wedges</i>	Creamy Chicken Curry <i>with Rice **</i>	Roast Chicken <i>with Roast Potatoes and Gravy</i>	Pasta Bolognese **	Golden Fish Fingers & Chips or Crispy Salmon *** <i>with Chips</i>
Alternative Dish	Vegetarian Bolognese **	Quorn Frankfurter Pasta Bake	Country Vegetable Pie <i>with Roast Potatoes and Gravy</i>	Mild Potato and Chickpea Curry <i>with Rice **</i>	Bean and Pepper Fajita <i>with Chips</i>
Jacket Potato	Baked Jackets with a selection of toppings				
Vegetables	Peas Apple Slaw	Broccoli Carrots	Seasonal Cabbage Sweetcorn	Green Beans Roast Mediterranean Veg	Baked Beans Peas
Desserts	Mango Fro Yoghurt	Peach Crumble <i>with Custard *</i>	Wedges of Pear, Apple & Orange *	Chocolate and Gingerbread Bite	Strawberry Ice cream pot
Cool Water, Fresh Fruit and Yoghurt served daily *Fruit Based **Wholegrain ***Oily Fish					

