

# SUMMER MENU

# Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meat Dish	Singapore stir-fry noodles <b>(W)</b>	Mixed fish paella	Beef lasagne <b>(W)</b>	Steak and onion pie <b>(W)</b>	Fish on Friday <b>(W)</b>
Main Vegetarian Dish	Gnocchi with red pepper and tomato sauce <b>(D) (W)</b>	Jacket potatoes with tuna cheese or beans <b>(D)</b>	Vegetable quiche <b>(E) (W) (D)</b>	Roasted vegetable and humus wraps <b>(W) (C)</b>	Vegetable nuggets <b>(E) (W) (C)</b>
Starchy Dish	Smoked butternut squash	Rice	Spiced bulger wheat <b>(W)</b>	Sage and rosemary potatoes	Seasoned potato wedges
Vegetable	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables
Salad	Selection of fresh salad	Selection of fresh salad	Selection of fresh salad	Selection of fresh salad	Selection of fresh salad
Bread	50/50 bread <b>(W)</b>	Bloomer <b>(W)</b>	Garlic bread <b>(W)</b>	50/50 bread <b>(W)</b>	French stick <b>(W)</b>
Dessert	Fruit Selection or cheese & biscuits <b>(D) (W)</b> or fruit yoghurt <b>(D)</b>	Fruit Selection or cheese & biscuits <b>(D) (W)</b> or fruit yoghurt <b>(D)</b>	Chefs pudding of the week	Fruit Selection or cheese & biscuits <b>(D) (W)</b> or fruit yoghurt <b>(D)</b>	Fruit Selection or cheese & biscuits <b>(D) (W)</b> or fruit yoghurt <b>(D)</b>
Drink	Water	Water	Water	Water	Water

Weeks commencing: 1<sup>st</sup> November, 22<sup>nd</sup> November, 13<sup>th</sup> December; Wherever possible, all food is homemade on site from local, British ingredients  
 John Donne Primary School is a nut-free and sesame seed free school. We use locally sourced ingredients when available and in season. We aim to provide special dietary requirements including allergens and intolerance. We are committed to reducing salt and sugar by using reduced salt and sugar at all times.  
**Key: (D) - Dairy, (E) - Eggs, (M) - Wheat (W),-Chickpeas- (C)**