

WINTER MENU 2020 – WEEK 1

John Keats Primary School

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meat or Fish Dish	Italian beef pasta	Chicken Noodles	African chicken pieces	Beef Shawarma	Jumbo fish fingers
Main Vegetarian Dish	Roasted Vegetable Bulgur	Vegetable Couscous	Hummus Wraps with Roasted vegetables	Vegetable risotto	Vegetable spring rolls
Starchy Dish	Potato Dauphinoise	Baby new potatoes	Jollof rice	Stemmed rice	Spiced 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
Dessert	Banana and Summer Fruit Smoothie	Chocolate Mousse	Fruit Salad	Lemon Drizzle Cake	Ice Cream Pots
Fruit	Fruit Selection or Cheese & Biscuits or Fruit /Yoghurt	Fruit Selection or Cheese & Biscuits or Fruit /Yoghurt	Fruit Selection or Cheese & Biscuits or Fruit /Yoghurt	Fruit Selection or Cheese & Biscuits or Fruit /Yoghurt	Fruit Selection or Cheese & Biscuits or Fruit /Yoghurt
Drink	Fresh Milk or Water	Fresh Milk or Water	Fresh Milk or Water	Fresh Milk or Water	Fresh Milk or Water

Fresh Soup with Crusty Bread Available On Some Days