

WINTER MENU 2020 – WEEK 2

John Keats Primary School

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meat or Fish Dish	BBQ Chicken Breast	Assortment of Wraps (Tuna, Chicken, Cheese)	Italian Meatballs in Tomato & Basil Sauce	Turkey Escalope in Sundried Tomato and Feta Cheese	Hot Dogs
Main Vegetarian Dish	Jacket Potato with Beans & Cheese	Macaroni Cheese	Vegetable Tartlets	Red Leicester Mozzarella & Cheddar Macaroni	Veggie Burger
Starchy Dish	Spiced Vegetable Rice	Chips	Steamed Rice	Herb Roasted Potatoes	Spicy 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	Blueberry Muffin	Fresh Fruit Salad	Strawberry Jelly	Apple Crumble with Custard	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