

WINTER MENU 2020 – WEEK 3

John Keats Primary School

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meat or Fish Dish	Mince Shepherd's Pie	Baked Tuna Pasta	Chicken Curry	Lasagna	Baked Fish with homemade Tartar Sauce
Main Vegetarian Dish	Vegetable Moussaka	Baked Vegetable (roasted) Pasta	Jacket Potato with a Choice of Filling	Four Cheese Ravioli in Gorgonzola, Sage & Basil Sauce	Quorn Dippers
Starchy Dish	Roasted Potatoes	Mashed Potato	Lemon Rice	Garlic Bread	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	Mixed Grape Pots	Pear & Gooseberry Crumble with Custard	Profiteroles & Chocolate Sauce	Apple & Sultana pie with Cream	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