

SPRING MENU 2021 – WEEK 3

John Keats Primary School

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meat or Fish Dish	Beef Goulash	Tuna or Chicken Wraps	Sausage Bean Casserole	Chicken Noodles	Lamb Burger
Main Vegetarian Dish	Spring Stew	Potato Lemon Casserole	Chilli Beans Stew	Egg Fried Rice with Vegetables	Veggie Burger
Starchy Dish	Steamed Rice	Spaghetti Tomato Sauce	Potato Mushroom Baked	Roast New Potato	Chips
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	Jelly Fruit Cake	Fruit Salad	Rhubarb & Cranberry Crumble	Watermelon Fruit	Ice Cream
Fruit	Fruit Selection or Cheese & Crackers or Fruit /Yoghurt	Fruit Selection or Cheese & Crackers or Fruit /Yoghurt	Fruit Selection or Cheese & Crackers or Fruit /Yoghurt	Fruit Selection or Cheese & Crackers or Fruit /Yoghurt	Fruit Selection or Cheese & Crackers or Fruit /Yoghurt
Drink	Fresh Milk or Water	Fresh Milk or Water	Fresh Milk or Water	Fresh Milk or Water	Fresh Milk or Water