

WEEK 3 (16/11/26, 07/12/26)	St John's C of E Academy Lunch Menu				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN EVENT	Tomato & Herb Wholemeal Pasta Bake	Cottage Pie, Carrots, Peas, Gravy	Roast Gammon, Roast Potatoes, Vegetables, Gravy	Oven Baked Sausage, Mash, Peas and Gravy	Oven Baked Chicken Goujons, Wedges, Sweetcorn
MEAT FREE OPTION	Tomato & Herb Wholemeal Pasta Bake	Quorn Cottage Pie, Carrots, Peas, Gravy	Quorn Roast, Roast Potatoes, Vegetables, Gravy	Vegetarian Sausage, Mash, Peas, Gravy	Veggie Fingers, Wedges, Sweetcorn
ALLERGEN FREE OPTION	Gluten Free Tomato & Herb Pasta Bake	Cottage Pie, Carrots, Peas, Gravy	Quorn or Roast Gammon, Roast Potatoes, Vegetables, Gravy	Gluten Free Vegetarian Sausage, Mash, Peas, Gravy	Gluten Free Chicken Steak, Wedges, Sweetcorn
DESSERT	Natural Yoghurt Pot with Fruit Topping	Banana Sponge & Custard	Fruit Flapjack	Chocolate & Beetroot Traybake	Raspberry Muffin
ALLERGEN FREE DESSERT	Natural Yoghurt Pot with Fruit Topping	Banana Sponge & Custard	Fruit Flapjack	Chocolate & Beetroot Traybake	Raspberry Muffin
AVAILABLE EACH DAY	Jacket Potato with Cheese, Beans or Tuna Penne Pasta with Homemade Tomato & Basil Sauce Jelly Yoghurt Fresh Fruit Salad Bowl Fresh Bread Grab Bag including Ham, Cheese or Jam Sandwich, Crisps, Fruit Dessert				

