

**keep it local  
we do!!**

We continue to source our fresh meat, fruit and vegetables from local suppliers, keeping our carbon footprint to a minimum. Sustainability is important to us.



**It's cool to  
eat at  
School**

If you would like to see one of your favourite dishes/recipes on the menu, then simply send us the recipe.

We will give prizes for any recipes that we use

**THEME DAYS AND  
COMPETITIONS**  
**keep a look out  
in your school  
dining room for  
our new exciting  
events**

**Dietary and Allergen advice**  
If your child has been advised by their GP or Health Care Professional to either follow a special diet or to avoid certain foods containing any of the "identified" allergens as per Food Information for Consumers Regs. 2014, then please contact your Childs school and our Special Diet and Allergen help line on 01934 615616

**Contact Us**  
We will be delighted to hear from you: 01491 837305



**AUTUMN/WINTER  
2016**



**AUTUMN/WINTER 2016  
St Johns  
Primary School  
Menu**



**edwards and ward**  
a recipe for success



**edwards and ward**  
a recipe for success

[www.edwardsandward.co.uk](http://www.edwardsandward.co.uk)

# Autumn / Winter 2016

Week commencing

Monday

Tuesday

Wednesday

Thursday

Friday

Week 1

05/09/16  
26/09/16  
17/10/16  
14/11/16  
05/12/16  
09/01/17  
30/01/17

Shepherd's Pie  
OR  
Vegetable Pasta  
OR  
Vegetable Soup  
.....  
New Potatoes  
Carrots  
Sweetcorn  
.....  
Fruit Crumble & Custard

Roast Chicken Fillet with Gravy  
OR  
Vegetable Sweet Potato Jalfrezi  
OR  
Jacket Potato with Chicken Mayo  
.....  
Roast Potatoes  
Broccoli  
Mashed Swede  
.....  
Chocolate and Beetroot Brownie With Custard

Beef Curry with Boiled Rice  
OR  
Cheese and Tomato Pizza with Garlic Bread  
OR  
Ham or Cheese filled Baguette  
.....  
Roasted Spiced Cauliflower  
.....  
Fruit Salad

Roast Gammon with Yorkshire and Gravy  
OR  
Veggie Sausage Toad in the hole with Gravy  
OR  
Tomato Soup  
.....  
Fondant Potatoes  
Green Beans  
Carrots  
.....  
Banana Custard

Fish Finger  
OR  
Vegetable Grill  
OR  
Jacket Potato Cheese and Beans  
.....  
Baked Potato Wedges  
Peas  
Beans  
.....  
Ice-Cream

Week 2

12/09/16  
03/10/16  
31/10/16  
21/11/16  
12/12/16  
16/01/17  
06/02/17

Chicken & Sweetcorn Pie with Gravy & New Potatoes  
OR  
Roasted Vegetable Cous Cous with Bread Wedge  
OR  
Tomato Soup  
.....  
Carrots and Peas  
.....  
Peach Sponge with Custard

Roast Salmon  
OR  
Macaroni Cheese  
OR  
Jacket Potato with Tuna Mayo  
.....  
Creamed Potatoes  
Baked Tomato Peas  
.....  
Chocolate Bread and Butter Pudding

Chicken Korma with Boiled Rice  
OR  
Spanish Omelette with New Potatoes  
OR  
Ham or Cheese filled Baguette  
.....  
Fine Diced Salad  
.....  
Apple Betty With Custard

Roast Pork with Gravy  
OR  
Roasted Quorn Fillet  
OR  
Carrot and Coriander Soup  
.....  
Roast Potatoes  
Roast Root Vegetables  
.....  
Flapjack

Battered Fish  
OR  
Vegetable Sausage  
OR  
Jacket Potato with Cheese and Beans  
.....  
Homemade Jacket Wedges  
Baked Beans  
Peas  
.....  
Muller Fruit Yoghurt

Week 3

19/09/16  
10/10/16  
07/11/16  
28/11/16  
02/01/17  
23/01/17

Beef Bolognese with Spaghetti  
OR  
Vegetable Shepard's Pie with Sweet Potato Topping  
OR  
Carrot and Coriander Soup  
.....  
Fresh Carrots  
Sweetcorn and Peppers  
.....  
Apple and Blackberry Crumble & Custard

Roast Turkey with Gravy  
OR  
Vegetable and Sweetcorn Pizza  
OR  
Ham or Cheese filled Baguettes  
.....  
Roast Potatoes  
Cauliflower Cheese  
Green Beans  
.....  
St Clements Sponge & Custard

Sausage with Gravy  
OR  
Vegetable Chilli stuffed Wrap  
OR  
Jacket Potato with Cheese  
.....  
Mashed Potatoes  
Baked Beans  
Sweetcorn  
.....  
Pear Tart Tartan

Chicken Pizza  
OR  
Mushroom Stroganoff  
OR  
Tomato Soup  
.....  
New Potatoes  
Mixed Salad  
.....  
Banana Muffin

Breaded Fish  
OR  
Vegetable Bolognese  
OR  
Jacket Potato with Cheese and Beans  
.....  
Chips  
Peas  
Baked Beans  
.....  
Toffee Yoghurt with Banana

Fresh bread, Salad Bar, Fresh Fruit, Yoghurt and fresh drinking water available daily