



# John Clare Primary School Menu

Available to order in advance on MONDAY using the form available from the office:

Vegetarian Option or a Jacket Potato topped with Cheese and or beans

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	<p>Cottage Pie</p> <p>Topped with cheesy Mash</p> <p>Quorn mince &amp; Lentil Cottage Pie</p> <p>Served with Broccoli</p>	<p>Citrus Chicken</p> <p>With Wholegrain Rice</p> <p>Quorn Citrus Vegetables</p> <p>Served with Green Beans</p>	<p>Pepperoni Pizza</p> <p>Mixed Salad</p> <p>Margherita Pizza</p> <p>Mixed Salad/Salsa</p>	<p>Over-baked Omega 3 Fish Fingers</p> <p>Oven Chips</p> <p>Oven-baked Veggie dippers</p> <p>Baked Beans/Spaghetti Hoops</p>	<p>Roast Chicken with Stuffing</p> <p>Roast Potatoes, Yorkshire Pudding &amp; Gravy</p> <p>Quorn Fillet with Stuffing</p> <p>Cauliflower Cheese &amp; Peas</p>
Week 2	<p>Cowboy Hotpot</p> <p>(sausages, beans casserole)</p> <p>Topped with hotpot Potatoes</p> <p>Cowboy Hotpot with Vegetarian Sausages</p> <p>Served with Sliced Beans</p>	<p>BBQ Chicken Fajitas</p> <p>Sweet Potato Oven Fries</p> <p>BBQ Quorn Fajitas</p>	<p>Spaghetti Bolognese</p> <p>Grated Cheese &amp; Garlic Bread</p> <p>Quorn Mince Bolognese pasta</p>	<p>Oven-baked Salmon &amp; Sweet Potato Fishcakes</p> <p>Oven Chips and Baked Beans/Spag hoops</p> <p>Oven-baked Vegetarian Nuggets</p>	<p>Turkey &amp; Pepper Stir Fry</p> <p>Noodles &amp; Veg</p> <p>Mixed Vegetable Stir Fry</p>
Week 3	<p>Roast Turkey with Cranberry Sauce</p> <p>Roast Potatoes, Yorkshire Pudding &amp; Gravy</p> <p>Quorn Fillet with Stuffing</p> <p>Served with Carrots &amp; Peas</p>	<p>Beef Chilli Con Carne (Mild)</p> <p>served with Brown Rice and Tortillas crisps</p> <p>Vegetarian Chilli</p>	<p>Cheesy chicken &amp; Roasted Vegetable Pasta Bake</p> <p>Garlic Bread</p> <p>Roasted Vegetable Pasta Bake</p>	<p>Chicken Burger in a Bap</p> <p>Rainbow Coleslaw &amp; Oven-baked Potato Wedges</p> <p>Quorn Chicken Burger</p>	<p>Italian Cod in a herby Tomato Sauce</p> <p>Wholegrain Pasta &amp; Garlic Bread</p> <p>Quorn Fillet in a Herby Tomato Sauce</p>

Also Available daily:-

Salad bar to include:

A selection of:-

Lettuce, Tomatoes,  
Sweet Peppers, Cucumber,  
Sweetcorn and Carrots

Hot and Cold Puddings , Freshly Baked Wholemeal Bread,  
Fruit and Water