



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