



John Clare Kitchen Menus from 9th May 2022



Available to order in advance on **MONDAY** using the form available from the office:
Vegetarian Option, or Jacket Potato

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Week 1

Sausages
Vegetarian Sausages
Potatoes, Yorkshire &
gravy

Pepperoni Pizza
Margherita Pizza
Mini Roast Potatoes

Mild Jalfrezi Chicken
Vegetarian Mild
Jalfrezi
Rice

Chicken nuggets
Vegetarian nuggets
Chips and beans

All Day Breakfast
Sausage, Bacon,
Scrambled egg
Hash brown & Beans
Vegetarian Breakfast

Week 2

Sausage Roll
Vegetarian Roll
With rosti potatoes, &
gravy

Beef Bolognese
Quorn Bolognese
Spaghetti and peas

Mildly spiced Chicken
Biriyani
Vegetable Biriyani
with Naan Bread

Fish Fingers
Vegetarian Nuggets
Chips and Spaghetti
hoops

Beef Lasagne
Vegetarian Pasta
Bake
Garlic Bread

Week 3

Sausages
Vegetarian Sausages
Potatoes

Chilli Con Carne
Macaroni Cheese
Rice

Chicken Pie
Cheese & onion
quiche
Mashed Potato,
gravy

BBQ Chicken
BBQ Quorn fillets
Wedges
& Rainbow Coleslaw

Fish Goujons
Vegetarian Goujons
Peas, and curly fries

Also available daily:- Seasonal Vegetables, Side Salad, a selection of hot and cold puddings, as well as fresh fruit and water
None of our options are deep fried.