



John Clare Primary School Menu from June 2023

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

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