

SPRING MENU – WEEK 1

John Keats School

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meat or Fish Dish	Shepherd's Pie	Chicken Sausage with Onion Gravy	Chicken Jalfrezi	Beef Hot Pot	Baked Fish with Homemade Tartare Sauce
Main Vegetarian Dish	Baked Cauliflower, Squash & Sundried Tomato	Sausage Rolls	Jacked Potato, Choice of Filling	Onion & Goat Cheese Tart with Balsamic Vinegar	Quorn Dippers
Starchy Dish	Homemade Lyonnais Potato	Mashed Potato	Spicy Rice	Steamed Broccoli	Potato Wedges
Vegetable	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables
Salad	Selection of fresh salad	Selection of fresh salad	Selection of fresh salad	Selection of fresh salad	Selection of fresh salad
Dessert	Ice Cream	Apple & Sultanas Crumble with Custard	Flap Jack	Fresh Fruit Salad	Ice Cream
Fruit	Fruit selection or cheese & biscuits or fruit yoghurt	Fruit selection or cheese & biscuits or fruit yoghurt	Fruit selection or cheese & biscuits or fruit yoghurt	Fruit selection or cheese & biscuits or fruit yoghurt	Fruit selection or cheese & biscuits or fruit yoghurt
Drink	Fresh milk or water	Fresh milk or water	Fresh milk or water	Fresh milk or water	Fresh milk or water

Fresh Soup with Crusty Bread Available On Some Days