

SPRING MENU – WEEK 2

John Keats School

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meat or Fish Dish	Spaghetti Bolognese	Steamed Pollock with Lemon & Dill Sauce	Jerk Chicken	Lamb Keema	Fish Fingers & Lime Mayo
Main Vegetarian Dish	Margherita Pizza	Jacket Potato with Baked Beans or Cheese	Four Cheese Ravioli in Creamy Pesto Sauce	Veggie Lasagna & Garlic Bread	Veg Spring Rolls
Starchy Dish	Garlic Bread	Capers & Butter Beans and Sun dried Tomato	Rice & Peas	Steamed Rice	Chips
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	Summer & Apple Fruit Smoothie	Bread & Butter Pudding with Custard	Choc Ice	Lemon Cake & Custard	Ice Cream Pots
Fruit	Fruit selection or cheese & biscuits or fruit yoghurt	Fruit selection or cheese & biscuits	Cheese & biscuits or fruit yoghurt	Fruit selection or cheese & biscuits or fruit yoghurt	Fruit selection or cheese & biscuits
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