

John Keble CE Primary School – Autumn/Winter 2022-23

Week 1	Green Monday	Tuesday	Wednesday	Thursday	Friday
Monday (Vegetarian) Meat or Fish (Tuesday - Friday)	Wholemeal cheese and tomato pizza	Chicken curry served with basmati rice and naan bread	Jerk chicken served with rice and peas	Vegan sausage rolls with spicy wedges	Battered fish served with chipped potatoes
Allergens	Dairy and Gluten	Celery and gluten	Celery and gluten	Gluten, wheat and celery	Gluten and fish
Vegetarian or Vegan	Stuffed Peppers (VEGAN)	Cheese and egg quiche served with new potatoes	Tomato and lentil pasta	Pasta Neapolitan	Brazilian Curry and Rice (VEGAN)
Allergens	Celery and gluten	Celery, gluten and eggs	Gluten, wheat and celery	Gluten, wheat and celery	Celery and gluten
Vegetables	Choice of seasonal vegetables served daily				
Dessert of the Day	Cracker and cheese/raisins	Jelly	Flapjack	Chocolate sponge and Chocolate Sauce	Assortment of puddings
Allergens	Dairy		Gluten	Dairy, eggs, milk and gluten	
Week 2	Green Monday	Tuesday	Wednesday	Thursday	Friday
Monday (Vegetarian) Meat or Fish (Tuesday - Friday)	Curried egg fried rice	Sausage and mashed potato	Roast chicken served with roast potatoes	Chicken Meat Balls in a spicy sauce with noodles	Sweet and sour prawns and rice
Allergens	Gluten, celery, eggs and wheat	Celery and gluten	Celery and gluten	Celery, gluten and eggs	Fish, shellfish and gluten
Vegetarian or Vegan	Chickpea, tomato and spinach curry (VEGAN)	Quorn and black bean stirfry with noodles	Vegetable paella (VEGAN)	Spicy cheese tortilla wraps with mixed vegetables	Creamy Pasta (VEGAN)
Allergens	Celery and gluten	Celery, gluten and eggs	Celery and gluten	Dairy, celery and gluten	Dairy, almond milk and gluten
Vegetables	Choice of seasonal vegetables served daily				
Dessert of the Day	Peaches and custard	Shortbread biscuits	Ice cream	Apple Crumble (VEGAN) and custard	Assortment of puddings
Allergens	Milk and gluten	Gluten	Milk	Dairy, gluten and milk	
Week 3	Green Monday	Tuesday	Wednesday	Thursday	Friday
Monday (Vegetarian) Meat or Fish (Tuesday - Friday)	Macaroni cheese	Chicken Pie and boiled potatoes	Vegetable lasagne served with garlic bread	Sticky Chicken with diced potatoes	Minced beef cobbler
Allergens	Milk, gluten and dairy	Celery, gluten, eggs, milk and soya	Gluten, celery, milk and dairy	Celery	Milk and dairy
Vegetarian or Vegan	Mexican Black Bean and Brown Rice (VEGAN)	Sweet potato and lentil curry served with rice (VEGAN)	Aubergine Tagine with Couscous (VEGAN)	Leek, lentil and potato bake	Vegetarian Shepherds Pie (VEGAN)
Allergens	Celery and gluten	Celery and gluten	Celery, wheat and gluten	Celery and dairy	Celery
Vegetables	Choice of seasonal vegetables served daily				
Dessert of the Day	Frozen Fruit yoghurt	Apple Sponge and custard	Pancakes	Carrot Cake with frosting	Assortment of puddings
Allergens	Milk	Gluten, eggs and milk	Gluten	Gluten, dairy, eggs, milk	
Gravy served when appropriate					
Daily Options: Filled Jacket Potatoes with a selection of fillings, freshly Prepared Salads, Fresh crusty bread and chilled water					
Baked Beans will be served with Jacket Potatoes when a Vegan dish is not available					
Daily alternative dessert options are: Selection of seasonal fruits and fruit yoghurts					
PLEASE ASK THE MANAGER FOR ALLERGEN INFORMATION					