










John Keble School Lunch Menu – Autumn / Winter 2024-25

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	<b>Homemade Margherita Pizza Served with Baked Paprika Wedges</b> (G,M)	Chicken Sausage (G-w,Su) served with Mashed Potato & Gravy	Mince Beef Pasta Bolognese served with Garlic Bread (G-w)	Chicken Curry served with Basmati Rice and Naan Bread (G-w)	Fish Fingers served with Chips (F, G-w)
Main Dish	<b>Chickpea Dhal with Steamed Rice</b> 	<b>Jumbo Jamaican Style Vegetable Pattie Slice Served with Mashed Potato &amp; Gravy</b> (G-w,G-B,Sb) 	<b>No Meat Bolognaise Penne Pasta</b> served with Garlic Bread (G-w) 	Enchiladas with Savoury Rice (G-w) 	<b>Indian Style Vegetable Parcel</b> (G-w) served with Chips 
Vegetable	Choice Of Seasonal Vegetables Served Daily				
Dessert	<b>Cut Fresh Fruit Selection or Yoghurt</b> (M)	<b>Apple Flapjack</b> (G-o)	<b>Banana Cake &amp; Custard</b> (G-w,E,M)	Strawberry Jelly	<b>Cut Fresh Fruit Selection or Yoghurt</b> (M)
Daily Options: Filled Jacket Potatoes with A Selection Of Fillings, Freshly Prepared Salads And Chilled Water A Selection of Seasonal Fruits And Yoghurts Are Available Daily					



Allergen Coding: Fish (F), Peanuts (P), Soya beans (Sb), Milk (M), Nuts (N), Celery (Ce), Mustard (Mu), Sesame (Se), Sulphite (Su), Lupin (L), Molluscs ( Mo), Eggs (E), Crustaceans (Cr), Cereals containing gluten - Wheat (G-w), Barley (G-b), Oats (G-o)






John Keble School Lunch Menu – Autumn / Winter 2024-25

<b>Week 2</b>	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Macaroni Cheese (G-w,M)	<b>Barbeque Chicken served with Rice</b>	<b>Cottage Pie (G-w) Topped with Root Vegetable Mash</b>	Roast Chicken served with Roast Potatoes & Gravy (G-w,G-B,Sb)	Fish Fingers (F,G-w) Served with Chips
Main Dish	Chickpea, Tomato and Spinach Curry served with Rice 	Brazilian Curry served with Rice 	<b>Vegetable Pie Topped with Root Vegetable Mash</b> 	<b>Sweet Potato &amp; Chickpea Roast with Roast Potatoes &amp; Gravy</b> (G-w,G-B,Sb) 	Creamy Mushroom Pasta (G-w,M)
Vegetable	Choice Of Seasonal Vegetables Served Daily				
Dessert	<b>Cut Fresh Fruit Selection or Yoghurt (M)</b>	<b>Blueberry Sponge &amp; Custard</b> (G-w,E,M)	<b>Chewy Chocolate Cookie</b> (G-w,E)	<b>Vanilla Ice Cream Cup</b> (M)	<b>Cut Fresh Fruit Selection or Yoghurt (M)</b>
Daily Options: Filled Jacket Potatoes with A Selection of Fillings, Freshly Prepared Salads And Chilled Water A Selection of Seasonal Fruits And Yoghurts Are Available Daily					



Allergen Coding: Fish (F), Peanuts (P), Soya beans (Sb), Milk (M), Nuts (N), Celery (Ce), Mustard (Mu), Sesame (Se), Sulphite (Su), Lupin (L), Molluscs ( Mo), Eggs (E), Crustaceans (Cr), Cereals containing gluten - Wheat (G-w), Barley (G-b), Oats (G-o)

John Keble School Lunch Menu – Autumn / Winter 2024-25

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	<b>Penne Pasta with Five Vegetable Sauce</b> (G-w) 	Sticky Chicken (Sb) Served with Diced Potatoes	<b>Beef Burger in a Bun with Potato Wedges</b> (G-w)	Jerk Chicken (G-w) Served with Rice and Peas	Cod or <b>Salmon</b> Fish Fingers (F,G-w) Served With Chips
Main Dish	Roasted Vegetables Served with Couscous (G-W) 	Cheese and Egg Quiche (M,E,G-w) served with Steamed New Potatoes	<b>Cajun Bean Wrap with Mexican Style Rice</b> (G-w) 	<b>Chinese Style Vegetables</b> (Ce) <b>with Rice</b> 	<b>Homemade Vegetable Samosa</b> (G-W) <b>With Chips</b> 
Vegetable	Choice Of Seasonal Vegetables Served Daily				
Dessert	<b>Traditional Rice Pudding with Jam</b> (M)	Chocolate Cake with Chocolate Sauce (G-w,E,M)	<b>Cut Fresh Fruit Selection or Yoghurt</b> (M)	<b>Apple Crumble with Custard</b> (G-w,M)	<b>Cut Fresh Fruit Selection or Yoghurt</b> (M)
<p>Daily Options: Filled Jacket Potatoes with A Selection Of Fillings, Freshly Prepared Salads And Chilled Water A Selection of Seasonal Fruits And Yoghurts Are Available Daily</p>					



Allergen Coding: Fish (F), Peanuts (P), Soya beans (Sb), Milk (M), Nuts (N), Celery (Ce), Mustard (Mu), Sesame (Se), Sulphite (Su), Lupin (L), Molluscs ( Mo), Eggs (E), Crustaceans (Cr), Cereals containing gluten - Wheat (G-w), Barley (G-b), Oats (G-o)