

# John Donne

# Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meat Dish	Quorn vegetable curry	BBQ chicken	Salmon & Cod Fish Pie <b>(F) (D)</b>	Beef ragu	Pizza Margherita <b>(W)</b> <b>(D)</b>
Main Vegetarian Dish	Veggie chow mein <b>(D) (W)</b>	Chickpea and vegetable tagine (c)	Macaroni in three cheese sauce <b>(D) (W)</b>	Vegetable lasagne <b>(D) (W)</b>	Veggie dippers <b>(W)</b>
Starchy Dish	Pasta/rice	Jollof rice	Roasted garlic mash	Pasta	Sweet potato fries
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
Bread	50/50 bread <b>(W)</b>	bread <b>(W)</b>	50/50 bread <b>(W)</b>	Garlic and coriander naan bread <b>(W)</b>	Olive and sundried bloomer <b>(W)</b>
Dessert	Fruit selection or cheese & biscuits <b>(W)</b> or fruit yoghurt <b>(D)</b>	Fruit selection or cheese & biscuits <b>(W)</b> or fruit yoghurt <b>(D)</b>	Special pudding of the week	Fruit selection or cheese & biscuits <b>(W)</b> or fruit yoghurt <b>(D)</b>	Fruit selection or cheese & biscuits <b>(W)</b> or fruit yoghurt <b>(D)</b>
Drink	Water	Water	Water	Water	Water

Wherever possible, all food is homemade on site from local, British ingredients

John Donne Primary School is a nut-free and sesame seed free school. We use locally sourced ingredients when available and in season. We aim to provide special dietary requirements including allergens and intolerance. We are committed to reducing salt and sugar by using reduced salt and sugar at all times.

**Key: (D) - Dairy, (E) - Eggs, (M) - Chickpea, (C) - (W) - Wheat**