

John Donne

Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meat Dish	Plant based meatballs in a rich tomato & basil sauce (W)	African beef stew with fried plantain	Sausage and mash with onion gravy	Chicken curry (D)	Fish on Friday (D) (W)
Main Vegetarian Dish	Spinach and potato bake	Cheese and potato pinwheel (C) (D)	Veggie sausage rolls (E) (W)	Veggie noodles in tomato sauce (W)	Veggie nuggets (W)
Starchy Dish	Linguini	Jollof rice	Mashed potato	Steamed rice	Spicy 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
Bread	50/50 bread (W)	Bloomer (W)	50/50 (W)	Bread (W)	50/50 bread (W)
Dessert	Fruit selection or cheese & biscuits (D) (W) or fruit yoghurt (D)	Fruit selection or cheese & biscuits (D) (W) or fruit yoghurt (D)	Special pudding of the week	Fruit selection or cheese & biscuits (D) (W) or fruit yoghurt (D)	Fruit selection or cheese & biscuits (D) (W) or fruit yoghurt (D)
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, (W) - Wheat, (C) - Chickpea