



# DEEPCAR St JOHNS

## AUTUMN WINTER 24 25



Colours in the left column represent the band colour your child should choose for the meal that day

WEEK ONE		GREEN MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEKS COMMENCING:</b> 21st Oct, 11th Nov, 2nd Dec, 23rd Dec, 13th Jan, 3rd Feb, 24th Mar, 17th Apr, 7th Apr	Main Course	Tomato, Baked Bean Spiral Pasta Bake	Red Tractor Pork Sausage Roll with Skin on Baked Potato Wedges	Roast Chicken with Stuffing & mashed potato	Red Tractor Beef Pasta Bolognese & Garlic Bread	MSC Fish Fingers & Chips
	Vegetarian Main Course	Cheese & Tomato Pizza with Tomato Pasta Salad	Cheese & Onion Pastry Roll with Skin on Baked Wedges	Quorn Grill with Gravy, Stuffing & Roast Potatoes	Plant-based Pasta Bolognese with Garlic Bread	Cheese Flan & Chips.
	Street Food		Vegetable Korma Hand Pies with Sunny Vegetable Rice Wedges		Cheese & Tomato Melt	
	Vegetables	Broccoli/Cauliflower & Carrots, Sweetcorn	Red Tractor British Peas, Baked Beans	Broccoli/Cauliflower & Carrots	Broccoli, Carrots & Cauliflower Sweetcorn	Baked Beans British Red Tractor Garden Peas
	Sandwiches	Cheese Baguette	Tuna Mayo Baguette	Hot Roast Baguette	Ham Baguette	Cheese baguette
	Jacket Potato & Filling	Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayonnaise, Salmon Mayonnaise or Cheese or Beans
	Dessert	Chocolate Mousse and Orange Smiles	Homemade Jam Buns & Custard	Chocolate Brownie	Fruity Strawberry Jelly & Mandarin Segments	Vanilla & Cherry Cookie Cup & Custard
WEEK TWO		GREEN MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEKS COMMENCING:</b> 28th Oct, 18th Nov, 9th Dec, 30th Dec, 20th Jan, 10th Feb, 3rd Mar, 24th Mar, 14th Apr	Main Course	Cheese & Tomato Pizza with Tomato Pasta Salad	Red Tractor Pork Sausage with Mashed Potatoes & Gravy	Roast Gammon with Gravy, Yorkshire Pudding & Roast Potatoes	Garlic & Tomato Chicken Pasta Spirals	MSC Fish Fingers & Chips
	Vegetarian Main Course	Potato, Spinach & Cheese Toasted Wrap with homemade salsa	Plant Based Sausage with Mashed Potatoes & Gravy	Quorn Grill with Gravy, Yorkshire Pudding & Roast Potatoes	Beany Vegetable Wrap with a side of Sunny Vegetable Rice	Crispy Vegetable Fingers & Chips
	Street Food		Turkish Lamb Grill or Halal Turkish Lamb Grill with Salsa and 50/50 Rice & Skin on Wedges		Cheese Savoury Bagel	
	Vegetables	Baked Beans or British Red Tractor Garden Peas	Broccoli/Cauliflower & Carrots	Broccoli/Cauliflower & Carrots, Sweetcorn	Broccoli/Cauliflower & Carrots	Baked Beans, British Red Tractor Garden Peas
	Sandwiches	Cheese Baguette	Tuna Mayo Baguette	Hot Roast Baguette	Ham Baguette	Cheese baguette
	Jacket Potato & Filling	Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans
	Dessert	Apple & Sultana Crumble Bar with Custard	Iced Carrot Cake & Orange Slices	Chocolate Shortbread Pinwheels with Chocolate Sauce	Toffee Cream Tart	Chocolate Oaty Slice
WEEK THREE		GREEN MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEKS COMMENCING:</b> 14th Oct, 4th Nov, 25th Nov, 16th Dec, 6th Jan, 27th Jan, 17th Feb, 10th Mar, 31st Mar	Main Course	Cheese & Tomato Pizza & Tomato Pasta Salad	Beef Lasagne with Garlic & Tomato Bread	Roast Chicken, Gravy, & Stuffing & Roast Potatoes	Mince Beef & Potato Pie with Mash	MSC Fish Fingers & Chips
	Vegetarian Main Course	Garlic & Tomato Vegetable Pasta Spirals	Vegetable Lasagne with Garlic & Tomato Bread	Quorn Grill with Gravy, Stuffing & Roast Potatoes	Vegetable Meatballs, Tomato Sauce & Mixed Rice	Cheese & Onion Pastry Roll & Chips
	Street Food		Barbeque Chicken & Rice		Indian Onion Bhaji Burger with Jacket Wedges	
	Vegetables	Broccoli/Cauliflower & Carrots & Sweetcorn	Sweetcorn & Carrots	Broccoli/Cauliflower & Carrots	Baked Beans, British Red Tractor Garden Peas	Baked Beans, British Red Tractor Garden Peas
	Sandwiches	Cheese Baguette	Tuna Mayo Baguette	Hot Roast Baguette	Ham Baguette	Cheese baguette
	Jacket Potato & Filling	Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans
	Dessert	Lemon Cupcake with Fruit Slices	Chocolate Cookie & Orange Wedges	Chocolate Crunch & Chocolate Sauce	Strawberry Mousse	Lemon Drizzle Cake With Custard

Yoghurt and fruit will also be available each day as an alternative to dessert. A selection of breads, salads and fresh drinking water will be available daily.