

Spring / Summer Menu

DEEPCAR St JOHN'S



WEEK ONE		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
14th April, 5th May, 26th May, 16th June, 7th July, 28th July, 18th, Aug, 8th Sept, 29th Sept, 20th Oct	Main Course	Pork Sausage Toad in the Hole & Home-baked Potato Wedges	Red Tractor Mild Chicken Curry, Mixed Wholegrain & White Rice	Roast Chicken with Gravy, Stuffing & Roast Potatoes	Wholemeal Margherita Pizza & Pasta Salad	MSC Fish Fingers & Chips
	Vegetarian course	Veggie Sausage Toad in the Hole & Home-baked Potato Wedges	Macaroni Cheese	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Beany Shepherd's Pie ^{VG}	Cheese Flan, Chips & Ketchup
	Street Food		Loaded Pizza Muffin		Tuna Melt	
	Vegetables	Broccoli, Cauliflower & Carrots & Sweetcorn	British Red Tractor Garden Peas, Sliced Carrots	Broccoli, Cauliflower & Carrots	Carrot & Cucumber Sticks or British Red Tractor Garden Peas, Sweetcorn	British Red Tractor Garden Peas, Baked Beans
	Sandwich	Ham	Tuna	Hot Roast Baguette	Ham	Cheese
	Jacket Potato	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo, Cheese, Salmon Mayo, or Beans
	Dessert	Flapjack & Orange Smiles	Marble Sponge ^{VG} & Custard/Chocolate Sauce	Strawberry Jelly with Watermelon Slice ^{VG}	Vanilla Cookie ^{VG}	Iced Sponge Cake
WEEK TWO		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
21st April, 12th May, 2nd June, 23rd June, 14th July, 4th Aug, 25th Aug, 15th Sept, 6th Oct, 27th Oct	Main Course	Red Tractor Pork Sausage Roll & Home-baked Potato Wedges	Red Tractor Beef Pasta Bolognese & Garlic Bread	Roast Gammon with Gravy, Yorkshire Pudding & Roast Potatoes	Wholemeal Margherita Pizza & Tomato Sunny Rice	MSC Fish Fingers & Chips
	Vegetarian course	Cheese & Onion Pastry Roll & Home-baked Potato Wedges	Plant-based Pasta Bolognese & Garlic Bread Vg	Quorn Grill, Gravy, Yorkshire Pudding & Roast Potatoes	Cheesy Bean Pitta	Crispy Vegetable Fingers & Chips Vg
	Street Food		Cheese & Tomato Panini		Onion Bhaji Burger & Crispy Wedges Vg	
	Vegetables	British Red Tractor Garden Peas, Baked Beans	Broccoli, Cauliflower & Carrots	Broccoli, Carrots & Sweetcorn	British Red Tractor Garden Peas, or Sliced Carrots	British Red Tractor Garden Peas, Baked Beans
	Sandwich	Ham	Tuna	Hot Roast Baguette	Ham	Cheese
	Jacket Potato	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo or Cheese or Beans
	Dessert	Banana Cake Vg & Custard	Shortbread & Orange Slices Vg	Chocolate Brownie	Flapjack Vg	Chocolate Oaty Slice Vg
WEEK THREE		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28th April, 19th May, 9th June, 30th June, 21st July, 11th Aug, 1st Sept, 22nd Sept, 13th Oct, 3rd Nov	Main Course	Chicken Meatballs in Tomato Sauce with Sunny Rice	Beef Lasagne & Garlic Bread	Roast Chicken with Gravy, Stuffing & Roast Potatoes	Margherita Pizza & Tomato Pasta Salad	MSC Fish Fingers & Chips
	Vegetarian course	Cheesy Tomato Pasta Bake	Vegetable Lasagne & Garlic Bread	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Bean Burrito & Potato Wedges ^{VG}	Cheese & Onion Puff Pastry Roll
	Street Food		Vegetable Chilli Rice Pot ^{VG}		Falafel Bites, Salsa & Warm Pitta ^{VG}	
	Vegetables	British Red Tractor Garden Peas, Baked Beans	Broccoli, Cauliflower & Carrots	Broccoli, Carrots & Sweetcorn	British Red Tractor Garden Peas or Sliced Carrots	British Red Tractor Garden Peas, Baked Beans
	Sandwich	Ham	Tuna	Hot Roast Baguette	Ham	Cheese
	Jacket Potato	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans
	Dessert	Strawberry Mousse & Fruit Slices	Chocolate Cookie & Orange Wedges ^{VG}	Homemade Jam Sponge & Custard	Chocolate Crunch 'Concrete' ^{VG} & Chocolate Sauce	Vanilla Cupcake