

**Week
Four**

Michaelmas



St John's
School Billericay

	Monday	Tuesday	Wednesday	Thursday	Fun Day Friday
Main Meals Meat	Beef chilli con carne,boiled rice and ciabatta garlic bread	Chicken goujons with potato wedges	Meat feast pizza with spicy potato wedges	Minced beef and onion pie with mashed potatoes and gravy	Sausage roll (pork) with chips
ALLERGENS	Sulphites gluten in garlic bread	Gluten in goujons	Gluten,milk,sulphites	Sulphites in beef gluten in pastry, milk in mash, sulphites in gravy	Gluten,soyabean,milk,sulphites
Main Meals Vegetarian	Tomato and Basil pasta bake and. Ciabatta garlic bread	Vegetable mince bolognese served with rice	Cheese and leek potato pie	Margarita pizza with herby dice potatoes	Crustless cheese and tomato quiche served with chips
ALLERGENS	Gluten in pasta and bread	Gluten,eggs	Milk	Gluten ,milk in pizza gluten in potatoes	egg,milk
Jacket Potato	Creamy coleslaw or grated cheese	Chilli con carne or grated cheese	Tuna mayonnaise or grated cheese	Chicken mayonnaise or grated cheese	Baked beans or grated cheese
ALLERGENS	Egg, mustard in coleslaw milk in cheese	Sulphites in chilli milk in cheese	Fish, egg mustard in tuna milk in cheese	Egg, mustard in chicken milk in cheese	Milk in cheese
House Vegetables Vegetable or Pulse of the Day	Garden Peas and Sliced Carrots	Garden Peas and Sliced Carrots	Garden Peas and Sliced Carrots	Garden Peas and Sliced Carrots	Garden Peas
	Whole green beans	Sweetcorn	Side salad	Green beans	Baked beans
Sandwich Choice	Today's Meat Choice, Cheese or Tuna with Potato Crisps	Today's Meat Choice, Cheese or Tuna with Potato Crisps	Today's Meat Choice, Cheese or Tuna with Potato Crisps	Today's Meat Choice, Cheese or Tuna with Potato Crisps	Today's Meat Choice, Cheese or Tuna with Potato Crisps
ALLERGENS	GLUTEN ,MILK IN ALL PLUS FISH MUSTARD EGGS IN TUNA	GLUTEN ,MILK IN ALL PLUS FISH MUSTARD EGGS IN TUNA	GLUTEN ,MILK IN ALL PLUS FISH MUSTARD EGGS IN TUNA	GLUTEN ,MILK IN ALL PLUS FISH MUSTARD EGGS IN TUNA	GLUTEN ,MILK IN ALL PLUS FISH MUSTARD EGGS IN TUNA
Cold Deli	FRESHLY BAKED BREAD & SALAD AVAILABLE DAILY (Lettuce, Tomato and Cucumber) Plus a Chef's Choice				
Dessert of the Day	Tinned Peaches	Vanilla sponge with a tangy lemon topping	Apricot halves	Apple crumble and custard	Chocolate and vanilla swirl mousse
ALLERGENS	Nil	Gluten,egg,milk	Nil	Gluten,milk in crumble milk in custard	Milk in cheese
Cold Dessert Choices	A SELECTION OF YOGHURTS,FRUBES, FRESH FRUITS, JELLIES AND CREAM CRACKERS WITH BUTTER DAILY				
All Menus are subject to change depending on the circumstances of the daily business					