

**Week
One**

LENT TERM



St John's
School **Billericay**

	Monday	Tuesday	Wednesday	Thursday	Fun Day Friday
Main Meals Meat	Pork sausages with mashed potatoes and gravy	Chicken curry with boiled rice and naan bread	Roast gammon, roast potatoes and gravy	Cottage pie with gravy	Fish fingers for our younger diners with battered fish for our juniors and seniors with chips
ALLERGENS	Gluten, sulphites in sausages soya in gravy milk in mash	Mustard in curry gluten,milk in naan bread	Soya in gravy	Milk, soya	Gluten, fish in both dishes
Main Meals Vegetarian	Vegetable sausages with mashed potatoes and gravy	Macaroni Cheese	Neopolitan Pasta (also plain pasta)	Vegetable pasta bake (also plain pasta)	Vegetable samosa served with chips
ALLERGENS	Gluten celery in sausages soya in gravy milk in mash	Gluten, milk	Gluten	Gluten	Gluten
Jacket Potato	Baked beans or grated cheese	Coronation chicken or grated cheese	Chicken curry or grated cheese	Tuna mayonnaise or grated cheese	Baked beans or grated cheese
ALLERGENS	Milk in cheese	Egg, mustard in chicken milk in cheese	Mustard in curry milk in cheese	Fish, egg mustard intuna milk in cheese	Milk in cheese
House Vegetables	Garden Peas and Sliced Carrots	Garden Peas and Sliced Carrots	Garden Peas and Sliced Carrots	Garden Peas and Sliced Carrots	Garden Peas
Vegetable or Pulse of the Day	Baked beans	Broccoli	Country mixed vegetables	Sweetcorn	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	Mandarins	Mike's Flapjack	Fruit cocktail	Apple and sultana crumble with custard	Jam doughnuts
ALLERGENS	Nil	Gluten, milk	Nil	Gluten, milk	Gluten, soyabean
Cold Dessert Choices	A SELECTION OF YOGHURTS, FRUBES, FRESH FRUITS , JELLIES AND CREAM CRACKERS WITH BUTTER				
	All Menus are subject to change depending on the circumstances of the daily business				