

**Week
Four**

Michaelmas Term



St John's
School Billericay

	Monday	Tuesday	Wednesday	Thursday	Fun Day Friday
Main Meals Meat	Beef chilli con carne,boiled rice and garlic bread	Chicken goujons with french fries	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 garlic bread	Vegetable nuggets with french fries	Butternut squash curry with rice	Cheese and tomato wraps with salad	Cheese and red onion quiche served with chips
ALLERGENS	Gluten in pasta and bread	Gluten	Mustard, Celery, Sulphites	Gluten, Milk	Gluten, 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	Mixed vegetables	Side salad	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 and milk in all plus fish mustard and eggs in tuna	Gluten and milk in all plus fish mustard and eggs in tuna	Gluten and milk in all plus fish mustard and eggs in tuna	Gluten and milk in all plus fish mustard and eggs in tuna	Gluten and milk in all plus fish mustard and eggs in tuna
Cold Deli	FRESHLY BAKED BREAD & SALAD AVAILABLE DAILY (Lettuce, Tomato and Cucumber) Plus a Chef's Choice				
Dessert of the Day	Pineapple pieces	Chocolate fudge cake	Peach slices	Iced vanilla sponge with sprinkles	Chocolate and vanilla swirl mousse
ALLERGENS	Nil	Gluten, Egg, Milk	Nil	Gluten, Milk, Eggs	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					