


Week Three				 <b>St John's</b> School Billericay	
	<b>New Spring Menu</b>				
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Main Meals (Meat)</b>	Cheese and ham tortilla wraps served with new potatoes	Chicken and vegetable puff pastry pie served with mashed potatoes	Roast gammon served with roast potatoes and gravy	Beef meatballs in a tomato sauce served with rice	Pork sausage roll served with chips
<b>ALLERGENS</b>	Gluten, milk	Milk, gluten in pie Milk in mashed potatoes	Nil	Gluten	Gluten, soya, sulphites and milk
<b>Main meal (Vegetarian)</b>	Cheese and tomato wraps served with new potatoes	Quorn and vegetable puff pastry pie served with mashed potatoes	Quorn sausages served with roast potatoes and gravy	Quorn balls in a tomato sauce served with rice	Vegetable sausage served with chips
<b>ALLERGENS</b>	Gluten, milk	Gluten and milk in pie Milk in mashed potatoes	Gluten	Gluten	Gluten
<b>Jacket potatoes</b>	Jacket potato with cheese, beans or tuna mayonnaise	Jacket potato with cheese, beans or tuna mayonnaise	Jacket potato with cheese, beans or tuna mayonnaise	Jacket potato with cheese, beans or tuna mayonnaise	Jacket potato with cheese, beans or tuna mayonnaise
<b>ALLERGENS</b>	Milk in cheese Egg, fish and mustard in tuna Nil in beans	Milk in cheese Egg, fish and mustard in tuna Nil in beans	Milk in cheese Egg, fish and mustard in tuna Nil in beans	Milk in cheese Egg, fish and mustard in tuna Nil in beans	Milk in cheese Egg, fish and mustard in tuna Nil in beans
<b>Sandwiches</b>	Ham, Cheese or Tuna mayonnaise	Ham, Cheese or Tuna mayonnaise	Ham, Cheese or Tuna mayonnaise	Ham, Cheese or Tuna mayonnaise	Ham, Cheese or Tuna mayonnaise
<b>ALLERGENS</b>	All contain gluten and milk Egg, fish and mustard in tuna mayonnaise	All contain gluten and milk Egg, fish and mustard in tuna mayonnaise	All contain gluten and milk Egg, fish and mustard in tuna mayonnaise	All contain gluten and milk Egg, fish and mustard in tuna mayonnaise	All contain gluten and milk Egg, fish and mustard in tuna mayonnaise
<b>Vegetables</b>	Mixed salad	Garden peas	Sliced carrots	Green beans	Garden Peas
<b>Vegetables</b>	Creamy coleslaw	Sweetcorn	Brussel sprouts	Sweetcorn	Mixed salad
<b>Salad Bar</b>	Iceberg lettuce, cucumber, tomatoes, sweetcorn and grated carrot served with freshly baked malted wheat bread, offered alongside all main meals.				
<b>ALLERGENS</b>	Gluten in malted wheat bread				
<b>Dessert of the Day</b>	Mandarins	Apple sponge with custard	Lemon drizzle cake	Mike's Flapjack	Vanilla ice cream tubs
<b>ALLERGENS</b>	Nil	Gluten, egg, milk Milk in custard	Eggs, milk, gluten	Milk, gluten	Milk
<b>Cold Dessert Choices</b>	A selection of yoghurts, Frubes, Fresh Fruits and vegetarian jellies.				
	All Menus are subject to change depending on the circumstances of the daily business				