

| Week One               |                                                                  | Michaelmas Term 2025                                                 |                                                                      |  | St John's<br>School Billericay                                                                 |
|------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|----------------------------------------------------------------------|------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|
|                        | Monday                                                                                                                                           | Tuesday                                                              | Wednesday                                                            | Thursday                                                                           | Friday                                                                                         |
| Main Meals (Meat)      | Pork sausages with mashed potatoes and gravy                                                                                                     | Chicken pizza baguette with potato wedges                            | Beef Bolognese with penne pasta                                      | Ham and sweetcorn mac n cheese                                                     | Fish fingers for our younger diners with battered fish for our juniors and seniors, with chips |
| ALLERGENS              | Gluten, sulphites in pork sausages milk in mash                                                                                                  | Gluten, milk                                                         | Gluten                                                               | Gluten, milk                                                                       | Gluten, fish in both dishes                                                                    |
| Main Meal (Vegetarian) | Quorn sausage with mashed potatoes and gravy                                                                                                     | Cheese and tomato pizza baguette with potato wedges                  | Vegetable bolognese served with penne pasta                          | Mac n cheese                                                                       | Vegetable fingers served with chips                                                            |
| ALLERGENS              | Gluten in Quorn sausage Milk in mash                                                                                                             | Gluten, milk                                                         | Gluten, egg                                                          | Gluten, milk                                                                       | Gluten                                                                                         |
| Jacket potatoes        | 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                                            |
| ALLERGENS              | 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                                      |
| Sandwiches             | 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                                                                 |
| ALLERGENS              | 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                           |
| Vegetables             | Garden peas                                                                                                                                      | Mixed salad                                                          | Green beans                                                          | Broccoli                                                                           | Garden Peas                                                                                    |
| Vegetables             | Sweetcorn                                                                                                                                        | Creamy coleslaw                                                      | Mixed vegetables                                                     | Sweetcorn                                                                          | Baked beans                                                                                    |
| Salad Bar              | Iceberg lettuce, cucumber, tomatoes, sweetcorn and grated carrot served with freshly baked malted wheat bread, offered alongside all main meals. |                                                                      |                                                                      |                                                                                    |                                                                                                |
| ALLERGENS              | Gluten in malted wheat bread                                                                                                                     |                                                                      |                                                                      |                                                                                    |                                                                                                |
| Dessert of the Day     | Peach slices                                                                                                                                     | Orange drizzle cake                                                  | Chocolate sponge with icing                                          | Apple crumble and custard                                                          | Fruit cocktail                                                                                 |
| ALLERGENS              | Nil                                                                                                                                              | Gluten, milk, eggs                                                   | Gluten, milk, eggs                                                   | Gluten, milk Milk in custard                                                       | Nil                                                                                            |
| Cold Dessert Choices   | A selection of yoghurts, Frubes, Fresh Fruits and vegetarian jellies.                                                                            |                                                                      |                                                                      |                                                                                    |                                                                                                |
|                        | All Menus are subject to change depending on the circumstances of the daily business                                                             |                                                                      |                                                                      |                                                                                    |                                                                                                |