

ST JOHNS - NON-DAIRY MENU



	WEEK 1 Week Starting : 1 Nov • 22 Nov • 13 Dec • 17 Jan 7 Feb • 7 Mar • 28 Mar	WEEK 2 Week Starting : 8 Nov • 29 Nov • 3 Jan • 24 Jan 21 Feb • 14 Mar	WEEK 3 Week Starting : 15 Nov • 6 Dec • 10 Jan • 31 Jan 28 Feb • 21 Mar
MONDAY	<p>(v) Margherita Pizza with Tomato Tomato Pasta Sweetcorn Jacket Potato with a Choice of Fillings Jambuster Muffin</p>	<p>Breaded Chicken with Homemade Curry Dip and Savoury Rice (v) BBQ Quorn in a Tortilla Wrap with Potato Wedges Carrot Batons Jacket Potato with a Choice of Fillings Flapjack with</p>	<p>(v) Margherita Pizza with Potato Wedges with Crunchy Vegetable Sticks Jacket Potato with a Choice of Fillings Iced Fruit Smoothie</p>
TUESDAY	<p>Mexican Beef and Baked Bean Chilli Steamed Rice and Vegetable Medley Jacket Potato with a Choice of Fillings Jelly</p>	<p>(v) Margherita Pizza with Tomato Pasta Salad Sweetcorn Jacket Potato with a Choice of Fillings Fresh Fruit Selection</p>	<p>Sweet and Sour Chicken Steamed Rice Broccoli and Sweetcorn Jacket Potato with a Choice of Fillings Shortbread with Orange Wedges</p>
WEDNESDAY	<p>Roast Chicken or (v) Quorn Fillet Roast Potatoes Cabbage, Carrots and Gravy Jacket Potato with a Choice of Fillings Oaty Apple Crunch with Apple</p>	<p>Sausages or (v) Vegetarian Sausage Mashed Potato Green Beans, Carrots and Gravy Jacket Potato with a Choice of Fillings Pear and Ginger Sponge with</p>	<p>Roast Chicken Roast Potatoes Vegetable Medley and Gravy Jacket Potato with a Choice of Fillings Fresh Fruit Selection</p>
THURSDAY	<p>BBQ Chicken in a Tortilla Wrap Potato Wedges and Rainbow Salad Jacket Potato with a Choice of Fillings Cocoa Shortbread</p>	<p>Beef Bolognese Pasta and Vegetable Medley Jacket Potato with a Choice of Fillings Shortbread</p>	<p>Cottage Pie (v) Italian Bean Bake - DF Cheese Carrots and Garden Peas Jacket Potato with a Choice of Fillings Cocoa Brownie</p>
FRIDAY	<p>Breaded Fish Fingers (v) Vegetable Goujons Chips Garden Peas or Baked Beans Jacket Potato with a Choice of Fillings Fresh Fruit Selection</p>	<p>Breaded Fish Fingers (v) Vegetable Goujons Chips Garden Peas or Baked Beans Jacket Potato with a Choice of Fillings Lemon Cupcake</p>	<p>Breaded Fish Fingers (v) Vegetable Goujons Chips Garden Peas or Baked Beans Jacket Potato with a Choice of Fillings Autumn Feast Muffin</p>

- Acceptable Jacket Fillings**
1. Dairy Free Cheese
 2. Baked Beans
 3. Dairy Free Cheese and Baked Beans
 4. Tuna Mayonnaise

- Acceptable Desserts**
1. Jelly
 2. Fresh Fruit
 3. AA - Cakes/Muffins/Biscuits
 4. Iced Fruit Smoothie
 5. AA - Puddings

- Acceptable Accompaniments**
1. Steamed Rice
 2. Pasta
 3. Tortilla Wrap
 4. Pasta Salad

This menu is not suitable for those who need to avoid Fish or Sodium Dioxide

Whilst every precaution has been taken to avoid cross contamination. No guarantee can be given for the absence of allergens