

WEEKLY

# MENU

## John Colet School Week 3



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

Pork Sausage and Mash with Onion Gravy

Chicken Tikka with Rice

Beef Burger in a Bun Served with Wedges

Chicken Fajita with Rice

Battered Fish with Chips and tomato sauce

Vegan Sausage and Mash with Onion Gravy (V,VG)

Baked onion Bhajis with Red Bean Dhal and Rice (V)

Vegan Burger in a Bun Served with Wedges (V,VG)

Vegan Fajita with Rice (V,VG)

Vegetable Burger in a Roll & Chips (V,VG)

Pasta in tomato sauce with Garlic Bread (V,VG)

Macaroni Cheese (V)

Mediterranean Penne Pasta (V,VG)

Spaghetti Neapolitan (V,VG)

Beef Burger in a Bun & Chips

Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise

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Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise

Peas

Broccoli

Green Beans

Savoy Cabbage

Baked Beans

Chocolate Sponge and Chocolate sauce

Oatmeal Cookie

Apple sponge with Custard

Flapjack

Chocolate Chips sponge