

Spring / Summer Menu Deepcar St Johns CE Junior School



WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
13th Apr, 4th May, 25th May, 15th Jun, 6th Jul, 7th Sept, 28th Sept, 19th Oct 2026	Main Meal Option	Sausage in a Roll with Plain Pasta Salad	Mild Beef Chilli & Rice	Roast Gammon with Gravy, Stuffing & Roast Potatoes	Margherita Pizza with Pasta Salad	Fish Fingers & Chips
	Vegetarian Meal Option	Vegetable Sausage in a Roll with Plain Pasta Salad ^{VG}	Macaroni Cheese with Vegetables or Salad	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Pitta Bread Filled with Plant-based Meatballs in an Arrabbiata Sauce with Vegetable Sticks ^{VG}	Cheese Flan & Chips
	Street Food		Vegetable Chilli & Rice ^{VG}		Tuna & Cheese Baguette Melt	
	Vegetables	Coleslaw & Garden Peas	Vegetable Sticks or Sweetcorn	Seasonal Greens & Carrots	Broccoli, Carrots & Cauliflower or Mixed Salad	Garden Peas, Baked Beans
	Sandwiches	Tuna Baguette	Ham Baguette	Hot Roast Baguette	Ham Baguette	Cheese Baguette
	Baked Jacket Potatoes	Jacket Potato with Beans ^{VG} Tuna Mayo or Cheese	Jacket Potato with Beans ^{VG} Tuna Mayo or Cheese	Jacket Potato with Beans ^{VG} Tuna Mayo or Cheese	Jacket Potato with Beans ^{VG} Tuna Mayo or Cheese	Jacket Potato with Beans ^{VG} Tuna Mayo, Cheese or Salmon Mayo
	Dessert	Chocolate Fudge Cake	Apple Sponge	Strawberry Jelly ^{VG}	Vanilla or Chocolate Ice Cream	Fruit Slices & Vanilla Cookie ^{VG}
WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
30th Mar, 20th Apr, 11th May, 1st Jun, 22nd Jun, 13th Jul, 14th Sept, 5th Oct, 26th Oct 2026	Main Meal Option	Sausage & Mash with Gravy	Beef Lasagne with Garlic Bread	Roast Chicken with Gravy, Yorkshire Pudding & Roast Potatoes	Ham & Cheese Pizza with Plain Pasta	Fish Fingers & Chips
	Vegetarian Meal Option	Veggie Sausage & Mash with Gravy ^{VG}	Plant-based Lasagne with Garlic Bread	Quorn Grill, Gravy, Yorkshire Pudding & Roast Potatoes	Cheese Wrap with Vegetable Sticks & Rice Salad	Cheese & Onion Roll with Chips
	Street Food		Chicken Jollof Rice		Cheese & Spring Onion Loaded Potato Skins	
	Vegetables	Broccoli, Sweetcorn & Baked Beans	Broccoli, Cauliflower & Carrots	Seasonal Greens & Carrots	Garden Peas & Sliced Carrots	Garden Peas & Baked Beans
	Sandwiches	Tuna Baguette	Ham Baguette	Hot Roast Baguette	Ham Baguette	Cheese Baguette
	Baked Jacket Potatoes	Jacket Potato with Beans ^{VG} Tuna Mayo or Cheese	Jacket Potato with Beans ^{VG} Tuna Mayo or Cheese	Jacket Potato with Beans ^{VG} Tuna Mayo or Cheese	Jacket Potato with Beans ^{VG} Tuna Mayo or Cheese	Jacket Potato with Beans ^{VG} Tuna Mayo or Cheese
	Dessert	Banana Bread Cookie	Raspberry Jelly & Fruit Slices ^{VG}	Blueberry Cake & Custard	Chocolate Mousse	Fruit Slices & Flapjack ^{VG}
WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
6th Apr, 27th Apr, 18th May, 8th Jun, 29th Jun, 20th Jul, 31st Aug, 21st Sept, 12th Oct 2026	Main Meal Option	Burger with Potato Wedges	Chicken Curry with Rice	Roast Chicken with Gravy, Stuffing & Roast Potatoes	Margherita Pizza with Plain Pasta Salad	Fish Fingers & Chips
	Vegetarian Meal Option	Vegetable Burger with Potato Wedges	Pasta Twists in a Tomato & Basil Sauce	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Cauliflower, Sweet Potato & Lentil Curry with Rice ^{VG}	Vegetable Fingers & Chips ^{VG}
	Street Food		Cheesy Egg Muffin with Potato Wedges		Onion Bhaji Burger & Mixed Rice/Pasta Salad ^{VG}	
	Vegetables	Sweetcorn & Baked Beans	Broccoli, Cauliflower & Carrots	Seasonal Greens, Carrots & Salad	Broccoli, Sweetcorn & Coleslaw	Garden Peas & Baked Beans
	Sandwiches	Tuna Baguette	Ham Baguette	Hot Roast Baguette	Ham Baguette	Cheese Baguette
	Baked Jacket Potatoes	Jacket Potato with Beans ^{VG} Tuna Mayo or Cheese	Jacket Potato with Beans ^{VG} Tuna Mayo or Cheese	Jacket Potato with Beans ^{VG} Tuna Mayo or Cheese	Jacket Potato with Beans ^{VG} Tuna Mayo or Cheese	Jacket Potato with Beans ^{VG} Tuna Mayo or Cheese
	Dessert	Chocolate Cookie ^{VG}	Pineapple Upside Down Cake & Custard	Orange Jelly ^{VG}	Chocolate & Apple Cake	Cherry Iced Sponge Cake

Available Daily: Pick & Mix Selection, Salad, Fresh Bread, Fresh Fruit & Yoghurt

Portion(s) of fruit or veg	Source of wholegrain	Contains plant-based proteins	50% fruit	Oily fish	Vegan	VG
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England's target for 'free sugar' intake for your child
 Recommended fruit and vegetable portion sizes are calculated using School Food Standards.
 On average our desserts do not exceed a third of a child's recommended 'free sugar' intake.