Autumn/Winter Menu 2026/2027 DEEPCAR St JOHN'S CE JUNIOR SCHOOL

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

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9th Nov 2026, 30th Nov 2026, 4th Jan 2027, 25th Jan 2027, 15th Feb 2027, 8th March 2027					
Main Meal	RT Pork Sausage & Bean Wholewheat Pasta Bake & Garlic bread	Chicken Curry & Mixed Wholegrain Rice	Roast Chicken with Gravy, Stuffing & Mashed Potato	Wholemeal Margherita Pizza & Home-baked Jacket Potato Wedges	MSC Fish Fingers & Chips
Vegetarian Meal	Vegetable Sausage & Bean Wholewheat Pasta Bake & Garlic Bread	Tomato, Basil & Vegetable Pasta Bake - Wholegrain VG	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Cheesy Bean Pitta - Wholemeal VG	Cheese Flan & Chips with Ketchup VG
Street Food		Pinwheel Cream Cheese, Carrot, Red Pepper & Cucumber Wrap		Carrot & Hummus Wholemeal Baguette with Homemade Potato Wedges	
Vegetables	Broccoli & Sweetcorn	Carrots & Garden Peas	Seasonal Greens & Country Mixed Vegetables	Mixed Salad, Broccoli & Sweetcorn	British Red Tractor Garden Peas, Baked Beans
Sandwiches	Ham Baguette	Tuna Mayo Baguette	Hot Roast Baguette	Ham Baguette	Cheese Baguette
Baked Jacket Potatoes	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo, Cheese, Salmon Mayo, or Beans
Dessert	Chocolatey Cornflake Crispy	Gingerbread Cookie & Fresh Fruit	Orange Jelly & Fruit Slices VG	Marble Sponge & Custard	Chocolatey Brownie

WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16th Nov 2026, 7th Dec 2026, 11th Jan 2027, 1st Feb 2027, 22nd Feb 2027, 15th March 2027					
Main Meal	All Day Pork Sausage Breakfast with Homemade Herby Diced Potatoes	Beef Bolognese with Wholegrain Penne	Roast Gammon with Gravy, Stuffing & Roast Potatoes	Wholemeal Margherita Pizza & Rice Salad	MSC Fish Fingers & Chips
Vegetarian Meal	All Day Vegetable Sausage Breakfast with Home-made Herby Diced Potatoes VG	Plant-based Pasta Bolognese with Wholewheat Penne or Spaghetti	Quorn Grill with Gravy, Stuffing & Roast Potatoes	Vegetable Burger with Baked Wedges	Cheese Flan & Chips
Street Food		Macaroni Cheese		Mexican Bean Wrap with Baked Wedges	
Vegetables	Broccoli, Sweetcorn or Baked Beans	Garden Peas & Carrots	Seasonal Greens & Country Mixed Vegetables	Broccoli & Sweetcorn	British Red Tractor Garden Peas, Baked Beans
Sandwiches	Ham Baguette	Tuna Mayo Baguette	Hot Roast Baguette	Ham Baguette	Cheese Baguette
Baked Jacket Potatoes	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans
Dessert	Shortbread Biscuit & Fruit Slices VG	Chocolatey Orange Fudge Cake	Orange or Strawberry Jelly with Fresh Fruit	Lemon Drizzle Cake & Custard	Chocolatey Oaty Slice

WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2nd Nov 2026, 23rd Nov 2026, 14th Dec 2026, 18th Jan 2027, 8th Feb 2027, 1st Mar 2027, 22nd Mar 2027					
Main Meal	RT Pork Sausages & Mash	Mince & Onion Pie served with Mashed Potato	Roast Chicken with Gravy, Yorkshire Pudding & Roast Potatoes	Wholemeal Vegetable Pizza with Rice Salad	MSC Fish Fingers & Chips
Vegetarian Meal	Vegetable Sausages & Mash VG	Macaroni Cheese	Quorn Grill with Gravy, Stuffing & Roast Potatoes	Vegetable Pasta Carbonara	Crispy Vegetable Fingers & Chips VG
Street Food		Chicken Jollof Rice		Roasted Vegetable Bruschetta	
Vegetables	Sweetcorn, Baked Beans, Broccoli	Carrots & Garden Peas	Seasonal Greens & Country Mixed Vegetables	Carrots or Sweetcorn	British Red Tractor Garden Peas, Baked Beans
Sandwiches	Ham Baguette	Tuna Mayo Baguette	Hot Roast Baguette	Ham Baguette	Cheese Baguette
Baked Jacket Potatoes	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans
Dessert	Chocolatey Cookie VG	Apple Sponge & Custard	Raspberry Jelly	Crunchy Biscuit with Fruit Slices VG	Iced Sponge Cake

Portion(s) of fruit or veg | Source of wholegrain | Contains plant-based proteins | 50% fruit | Oily fish | Vegan VG

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.