




SIR JOHN BARROW SCHOOL WEEK 1

Freshly
made
every day!



DAY	CHOICE 1	 CHOICE 2	CHOICE 3	PUDDING
Monday	Cheese & Tomato Pizza served with Potato Wedges and Sweetcorn		Oven Baked Jacket Potato filled with a choice of Cheese, Cheesy Beans, Beans or Tuna served with Mixed Salad	Kitchen Made Chocolate Whip with Peach Slices or Fresh Fruit or Frozen Yoghurt
Tuesday	Butcher's Sausages served with Creamed Potatoes, Mixed Vegetables and Gravy	Veggie Sausage served with Creamed Potatoes, Mixed Vegetables and Gravy	Filled Soft Roll filled with a choice of Ham, Cheese or Tuna served with Mixed Salad	Fresh Fruit Pot or Vanilla Ice Cream & Pear Halves or Frozen Yoghurts
Wednesday	Roast Beef & Yorkshire Pudding served with Roast Potatoes, Fresh Carrots, Fresh Broccoli and Gravy	Veggie Mince in Gravy served with Roast Potatoes, Fresh Carrots and Fresh Broccoli	Oven Baked Jacket Potato filled with a choice of Cheese, Cheesy Beans, Beans or Tuna served with Mixed Salad	Kitchen Made Ginger Sponge and Custard or Fresh Fruit or Frozen Yoghurt
Thursday	Mild Chicken Tikka served with Rice, Naan Bread and Carrot & Cucumber Batons	Mac 'n' Cheese served with Garlic Naan and Vegetable Batons	Filled Soft Roll filled with a choice of Ham, Cheese or Tuna served with Mixed Salad	Fresh Fruit Pot or Fruit Flapjack and a Milk Drink or Frozen Yoghurts
Friday	Breaded Fish Fillet served with Chips, Baked Beans and Salad	Omelette served with Chips, Baked Beans and Salad	Oven Baked Jacket Potato filled with a choice of Cheese, Cheesy Beans, Beans or Tuna served with Mixed Salad	Apple Crumble and Cream or Fresh Fruit or Frozen Yoghurt

Available Daily: Fresh Fruit and Bread!



If you have any questions about food allergens please speak to the kitchen team who will be happy to help.



SIR JOHN BARROW SCHOOL WEEK 2

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DAY	CHOICE 1	CHOICE 2	CHOICE 3	PUDDING
Monday	Italian Tomato Pasta Bake served with Garlic Bread, Sweetcorn and Salad	Fish Goujons served with New Potatoes, Sweetcorn and Tomato Ketchup	Oven Baked Jacket Potato filled with a choice of Cheese, Cheesy Beans, Beans or Tuna served with Mixed Salad	Chocolate Crunch and Mandarins or Fresh Fruit or Frozen Yoghurt
Tuesday	Chinese Chicken served with Rice and Fresh Broccoli	Hot Crispy Baguette filled with Ham, Cheese or Tuna served with Mixed Salad	Filled Soft Roll filled with a choice of Ham, Cheese or Tuna served with Mixed Salad	Fresh Fruit Pot or Kitchen Made Anzac Biscuit and a Milk Drink or Frozen Yoghurt
Wednesday	Lasagne served with Crusty Bread and Carrots	Quorn Fillet served with Crusty Bread and Carrots	Oven Baked Jacket Potato filled with a choice of Cheese, Cheesy Beans, Beans or Tuna served with Mixed Salad	Fresh Fruit Salad and Cream or Fresh Fruit or Frozen Yoghurt
Thursday	Kitchen Made Sausage Roll served with 1/2 Jacket Potato, Baked Beans and Coleslaw	Cheese Lattice Finger served with 1/2 Jacket Potato, Baked Beans and Coleslaw	Filled Soft Roll filled with a choice of Ham, Cheese or Tuna served with Mixed Salad	Fresh Fruit Pot or Rice Pudding & Sultanas or Frozen Yoghurts
Friday	Salmon Fingers served with Swirly Pasta, Peas and Sweetcorn Mix	Cheese & Vegetable Bake served with Swirly Pasta, Peas and Sweetcorn Mix	Oven Baked Jacket Potato filled with a choice of Cheese, Cheesy Beans, Beans or Tuna served with Mixed Salad	Sticky Toffee Pudding with Toffee Sauce and Ice Cream or Fresh Fruit or Frozen Yoghurt

Available Daily: Fresh Fruit and Bread!

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SIR JOHN BARROW SCHOOL

WEEK 3

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DAY	CHOICE 1	 CHOICE 2	CHOICE 3	PUDDING
Monday	Pepperoni Pizza served with Potato Wedges and Sweetcorn	Cheese & Tomato Pizza served with Potato Wedges and Sweetcorn	Oven Baked Jacket Potato filled with a choice of Cheese, Cheesy Beans, Beans or Tuna served with Mixed Salad	Shortbread Finger with a Wedge of Orange or Fresh Fruit or Frozen Yoghurt
Tuesday	Pork Meatballs in Gravy served with New Potatoes and Mixed Vegetables	Cheese Flan served with New Potatoes and Mixed Vegetables	Filled Soft Roll filled with a choice of Ham, Cheese or Tuna served with Mixed Salad	Fresh Fruit Pot or Kitchen Made Iced Sponge and a Milk Drink or Frozen Yoghurt
Wednesday	Roast Chicken served with Roast Potatoes, Fresh Carrots, Fresh Broccoli and Gravy	Quorn Fillet served with Roast Potatoes, Fresh Carrots, Fresh Broccoli and Gravy	Oven Baked Jacket Potato filled with a choice of Cheese, Cheesy Beans, Beans or Tuna served with Mixed Salad	Arctic Ice Cream Roll with Mixed Fruit Coulis or Fresh Fruit or Frozen Yoghurt
Thursday	Italian Pasta Bolognese served with Garlic Bread and Mixed Salad	Veggie Bolognese served with Garlic Bread and Mixed Salad	Filled Soft Roll filled with a choice of Ham, Cheese or Tuna served with Mixed Salad	Fresh Fruit Pot or Wibbly Wobbly Jelly, Fruit Cocktail & Cream or Frozen Yoghurt
Friday	Breaded Fish Fingers served with Chips, Peas and Tomato Ketchup	Cheesy Whirl served with Chips, Peas and Tomato Ketchup	Oven Baked Jacket Potato filled with a choice of Cheese, Cheesy Beans, Beans or Tuna served with Mixed Salad	Kitchen Made Sticky Chocolate Brownie with a Milk Drink or Fresh Fruit or Frozen Yoghurt

Available Daily: Fresh Fruit and Bread!

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