

SIR JOHN BARROW SCHOOL LUNCH MENU January 2026

Week 1	Option 1	Option 2	Option 3	Dessert
Monday	Meatballs in Tomato Sauce with Pasta & Sweetcorn	<i>Tomato & Basil Pasta (v) with Pasta & Sweetcorn</i>	Filled Bread Roll *Egg Mayonnaise Served with Salad	<ul style="list-style-type: none"> ● Blueberry Muffin ● Fresh Fruit ● Yoghurt
Tuesday	Omelette, Hash Browns & Baked Beans (v)	Jacket Potato With Baked Beans & Salad	Jacket Potato With Tuna Mayonnaise & Salad	<ul style="list-style-type: none"> ● Vanilla Ice Cream & Hot Chocolate Sauce ● Fresh Fruit ● Yoghurt
Wednesday	Roast Chicken Fillet with Carrots, Mashed Potato, Yorkshire Pudding & Gravy	Vegetarian Pattie with Carrots, Mashed Potato Yorkshire Pudding & Gravy (v)	Filled Bread Roll *Tuna Mayonnaise Served with Salad	<ul style="list-style-type: none"> ● Orange Jelly with Mandarins ● Fresh Fruit ● Yoghurt
Thursday	Sausage Roll, Potato Wedges and Garden Peas	Cheese Lattice, Potato Wedges and Garden Peas (v)	Filled Bread Roll *Cheese Served with Salad	<ul style="list-style-type: none"> ● Raspberry Ripple Mousse ● Fresh Fruit ● Yoghurt
Friday	Fish Friday Fish, Chips & Peas	Vegetable Burger in a Bun With Chips & Garden Peas	Grab Bag <ul style="list-style-type: none"> ● Ham Roll ● Carrot Sticks 	<ul style="list-style-type: none"> ● Oat & Lemon Cookie ● Fresh Fruit ● Frozen Yoghurt

LUNCH MENU

Week 2	Option 1	Option 2	Option 3	Dessert
Monday	Sweet & Sour Chicken with Rice & Broccoli	Sweet & Sour Vegetable with Rice & Broccoli (v)	Jacket Potato * Grated Cheese Served with Salad	<ul style="list-style-type: none"> • Peaches & Cream • Fresh Fruit • Frozen Yoghurt
Tuesday	Breaded Turkey Escalope With Diced Potato & Mixed Vegetables	Cheese Lattice with Diced Potato & Mixed Vegetables (v)	Tuna Filled Roll Served with Salad	<ul style="list-style-type: none"> • Apple & Blackberry Crumble & Custard • Fresh Fruit • Yoghurt
Wednesday	Tomato & Pepperoni Pasta with Crusty Bread & Salad	Tomato & Basil Pasta With Crusty Bread & Salad	Egg Mayonnaise Roll Served with Salad (v)	<ul style="list-style-type: none"> • Raspberry Angel Delight • Fresh Fruit • Yoghurt
Thursday	Pizza Margherita with Sweetcorn & Peas Served with Pasta Salad	Jacket Potato *Grated Cheese Served with Salad	Ham Filled Roll Served with Salad	<ul style="list-style-type: none"> • Marble Cake • Apple • Satsuma
Friday	Fish Finger Butty With Garden Peas	Vegi Dog served in a Roll With Garden Peas (v)	Cheese Grab Bag Cucumber Sticks	<ul style="list-style-type: none"> • Ring Donut • Fresh Fruit • Frozen Yoghurt

Week 3	Option 1	Option 2	Option 3	Dessert
Monday	Chicken Korma Served with Rice & Naan Bread	Vegi Korma Served with Rice & Naan Bread (v)	Filled Cheese Roll Served with salad	<ul style="list-style-type: none"> • Peaches & Cream • Yoghurt • Fresh Fruit
Tuesday	Sausage , Baked Beans & Smiley Faces	Vegetarian Sausage with Baked Beans & Smiley Faces	Tuna Roll Grab Bag * Cucumber Pot	<ul style="list-style-type: none"> • Flapjack • Fresh Fruit • Frozen Yoghurt
Wednesday	Roast Ham with Mashed Potato, Mixed Vegetables and Gravy	Jacket Potato <ul style="list-style-type: none"> • Grated Cheese Served with Salad	Filled Egg Mayonnaise Roll Served with Salad	<ul style="list-style-type: none"> • Gingerbread Man • Fresh Fruit • Yoghurt
Thursday	Homemade Lasagne with Flat Bread & Salad	Jacket Potato <ul style="list-style-type: none"> • Tuna Mayonnaise Served with Salad	Filled Cheese Roll Served with Salad	<ul style="list-style-type: none"> • Arctic Roll & Coulis • Fresh Fruit • Yoghurt
Friday	Salmon & Cod Fishcakes with Sweetcorn & Pea Mix	Mozzarella Pocket & Chips with Sweetcorn & Pea Mix (V)	Filled Ham Roll Served with Salad	<ul style="list-style-type: none"> • Waffle with Fresh Banana & Toffee Sauce • Fresh Fruit • Yoghurt