

THE JOHN WESLEY SCHOOL DINNER MENU OCT 2023 to FEB 2024

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WB 30/10/2023	CREAMY HAM AND PASTA BAKE <i>GF/DAIRY FREE AVAILABLE</i>	BBQ CHICKEN <i>GF/DAIRY FREE AVAILABLE</i>	ROAST TURKEY AND GRAVY <i>GF/DAIRY FREE AVAILABLE</i>	BEEF CHILLI <i>GF/DAIRY FREE AVAILABLE</i>	FISH FINGERS OR SALMON FISHCAKES <i>GF/DAIRY FREE AVAILABLE</i>
20/11/2023	TOMATO PASTA <i>GF/DAIRY FREE AVAILABLE</i>	BBQ QUORN <i>GF/DAIRY FREE AVAILABLE</i>	VEGETABLE PASTY <i>DAIRY FREE AVAILABLE</i>	MIXED BEAN CHILLI <i>GF/DAIRY FREE AVAILABLE</i>	CHEESE AND TOMATO QUICHE <i>GF/DAIRY FREE AVAILABLE</i>
11/12/2023	GARLIC BREAD	RICE	ROAST POTATOES	RICE	CHIPS
15/01/2024	SEASONAL VEGETABLES	SEASONAL VEGETABLES	CARROTS AND CABBAGE	SEASONAL VEGETABLES	BAKED BEANS OR SWEETCORN
05/02/2024	JACKET WITH CHEESE OR COLESLAW	JACKET WITH CHICKEN MAYO OR CHEESE	NO JACKET POTATO TODAY	JACKET WITH CHILLI OR CHEESE	JACKET WITH CHEESE OR BAKED BEANS
	JELLY	CHOCOLATE CAKE AND CHOCOLATE SAUCE	FLAPJACK	COOKIES	SMOOTHIES

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WB 06/11/2023	CHORIZO SAUSAGE PASTA <i>GF/DAIRY FREE AVAILABLE</i>	BUTTER CHICKEN <i>GF/DAIRY FREE AVAILABLE</i>	ROAST GAMMON AND GRAVY <i>GF/DAIRY FREE AVAILABLE</i>	BEEF BURGER <i>GF/DAIRY FREE AVAILABLE</i>	BREADED FISH <i>GF/DAIRY FREE AVAILABLE</i>
27/11/2023	MACARONI CHEESE <i>GF/DAIRY FREE AVAILABLE</i>	'VEGAN BUTTER' CURRY (TOFU) <i>GF/DAIRY FREE AVAILABLE</i>	VEGETABLE STRUDEL <i>GF/DAIRY FREE AVAILABLE</i>	VEGGIE BURGER <i>GF/DAIRY FREE AVAILABLE</i>	VEGGIE FINGERS/NUGGETS <i>GF/DAIRY FREE AVAILABLE</i>
02/01/2024		RICE	ROAST POTATOES	HERBY POTATOES	CHIPS
22/01/2024	SEASONAL VEGETABLES	SEASONAL VEGETABLES	CARROTS AND PEAS	SEASONAL VEGETABLES	BAKED BEANS OR PEAS
	JACKET WITH TUNA OR CHEESE	JACKET WITH TUNA SWEETCORN OR CHEESE	NO JACKET POTATO TODAY	JACKET WITH BACON MAYO OR CHEESE	JACKET WITH CHEESE OR BAKED BEANS
	WHIP	APPLE AND BANANA CRISP AND CUSTARD	TREACLE TART	CHOCOLATE BISCUIT	ICE CREAM SPONGE

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WB 13/11/2023	MEATBALLS AND PASTA <i>GF/DAIRY FREE AVAILABLE</i>	CHICKEN TIKKA CURRY <i>GF/DAIRY FREE AVAILABLE</i>	ROAST BEEF AND GRAVY <i>GF/DAIRY FREE AVAILABLE</i>	SHEPHERDS PIE <i>GF/DAIRY FREE AVAILABLE</i>	FISH FINGERS <i>GF/DAIRY FREE AVAILABLE</i>
04/12/2023	VEGETABLE MEATBALLS AND PASTA <i>GF/DAIRY FREE AVAILABLE</i>	VEGETABLE CURRY <i>GF/DAIRY FREE AVAILABLE</i>	QUORN ROAST <i>GF AVAILABLE</i>	VEGGIE SHEPHERDS PIE <i>GF/DAIRY FREE AVAILABLE</i>	CHEESE AND VEGETABLE TRIANGLES <i>DAIRY FREE AVAILABLE</i>
08/01/2024	GARLIC BREAD	RICE AND NAAN BREAD	ROAST POTATOES		CHIPS
29/01/2024	SEASONAL VEGETABLES	SEASONAL VEGETABLES	CARROTS AND CABBAGE	SEASONAL VEGETABLES	BAKED BEANS OR SWEETCORN
	JACKET WITH COLESLAW OR CHEESE	JACKET WITH CHICKEN MAYO OR CHEESE	NO JACKET POTATO TODAY	JACKET WITH BACON MAYO OR CHEESE	JACKET WITH CHEESE OR BAKED BEANS
	WHIP	FRUITY SPONGE CAKE AND CUSTARD	CHOCOLATE CARAMEL BROWNIE	COOKIES	ICE CREAM

FRESH FRUIT, YOGHURTS AND DAIRY FREE YOGHURTS ARE AVAILABLE DAILY. GLUTEN FREE PASTA, VEGAN CHEESE AND HALAL MEAT ARE ALWAYS AVAILABLE AS AN ALTERNATIVE.