



John Ray Infant School Lunch Menu Menu 2023-24 (Autumn / Winter)



Week One	(Meat Free) Monday	Tuesday	Wednesday	Thursday	Friday
Main	French Bread Margarita Pizza served with salad	Nacho Tomato Chicken served with salad & rice	Fresh Butchers Roast Gammon	Homemade Macaroni Cheese	Fish Fingers & Chips served with garden peas
Vegetarian	Rainbow Vegetable Pizza served with salad	Nacho Tomato Quorn Fillet served with salad & rice	Homemade Vegetable Parcel	Homemade Tomato Pasta Bake	Vegan Sausage Roll served with chips & garden peas
Sides / 3rd Option	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese or Baked Beans	Crispy roast potatoes, Yorkshire pudding and seasonal vegetables Gravy (optional)	Jacket Potato with Cheese or Baked Beans	Fish Finger Sandwich! served in a soft bread roll
Dessert	Choice of Yoghurt	Fresh Fruit Platter	Apple Crumble & Custard	Fruit & Jelly	Ice cream & Fruit
Week Two	(Meat Free) Monday	Tuesday	Wednesday	Thursday	Friday
Main	Vegetable Curry served with rice	Jamie Oliver's Beef Bolognese Pasta	Fresh Butchers Roast Chicken	Sausage & Mash Potato served with gravy	Fish Fingers & Chips served with garden peas
Vegetarian	Vegan Meatballs in a tomato sauce with rice	Tomato & Vegetable Pasta Bake	Roasted Herby Quorn Fillet	Vegan Sausage & Mash Potato served with gravy	Vegetable Fingers served with chips & garden peas
Sides / 3rd Option	Jacket Potato with Cheese or Baked Beans	Jacket Potato with Cheese or Baked Beans	Crispy roast potatoes, Yorkshire pudding, seasonal vegetables & gravy (optional)	Jacket Potato with Cheese or Baked Beans	Fish Finger Sandwich! served in a soft bread roll
Dessert	Choice of Yoghurt	Fresh Fruit Platter	Toffee Crispie	Homemade Cake or Biscuit	Ice cream & Fruit

Available Daily: Fresh Fruit; Yeo Valley Yoghurt; Fresh Milk and Water

