

# St John's HV Spring Summer 25 WEEK ONE

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

W/C  
21<sup>ST</sup> APRIL  
12<sup>TH</sup> MAY  
9<sup>TH</sup> JUNE  
30<sup>TH</sup> JUNE

## MAIN

## MEALS

21<sup>ST</sup> JULY  
1<sup>ST</sup> SEPTEMBER  
22<sup>ND</sup>  
SEPTEMBER  
13<sup>TH</sup> OCTOBER

### Option One

Roasted Vegetable  
Pizza (VE) with Potato  
wedges and Peas (VE)

BBQ Quorn (VE) with  
New Potatoes (VE)

Soya Mince Cottage  
Pie (VE) with Gravy  
(VE)

Soya Mince Lasagne  
with Garlic  
and Herb Bread (VE)

Devil Kitchen Plant  
Sausage (VE)  
with  
Chips (VE)

### Option Two

Cheese and Tomato  
Pizza (VE)

Chef James' Chicken  
Jollof Rice

Minced Beef Cottage  
Pie with  
Gravy

Beef Lasagne  
with Garlic  
and  
Herb Bread

Salmon Fish Fingers  
with Chips

### Option Three

Jacket Potato with  
Salmon Mayonnaise

Jacket Potato (VE) with  
Cheese (V) or Vegan  
Sheese (VE)

Jacket Potato (VE)  
with Five Bean Chilli  
(VE)

Jacket Potato (VE)  
with Bake Beans (VE)

Jacket Potato (VE)  
with Bake Beans (VE)

### Vegetables

Broccoli (VE)  
Sweetcorn (VE)

Butternut Squash (VE)  
Green Beans (VE)

Peas (VE)  
Cabbage (VE)

Cauliflower (VE)  
Roasted Peppers (VE)

Carrots (VE)  
Peas (VE)

## VEGETABLES AND SALAD

### Salad Bar

Roasted Chickpea  
Salad (VE)  
Carrot Sticks (VE)  
Mixed Lettuce (VE)  
Diced Peppers (VE)  
Coleslaw (V)

Beetroot and Orange  
Salad (VE)  
Tomato Pasta (VE)  
Olives (VE)  
Lettuce (VE)  
Tomatoes (VE)

Roasted Sweet  
Potato (VE)  
Lettuce (VE)  
Pepper Sticks (VE)  
Cucumber (VE)  
Carrot Sticks (VE)

Rainbow Slaw (VE)  
Green Beans (VE)  
Cucumber (VE)  
Tabbouleh Salad (V),  
Beetroot (VE)

Lettuce (VE)  
Tomatoes (VE)  
BBQ Noodle Salad (V),  
Grated Carrot (VE)  
Sweetcorn (VE)

## DESSERT

### Dessert

Yoghurt (V) and Fresh  
Fruits

Seeded Apple  
Flapjack (VE)

Yoghurt (V) and Fresh  
Fruits

Yoghurt (V) and Fresh  
Fruits

Strawberry Jelly with  
Peaches and  
Mandarin (VE)

## MENU KEY

Added Plant Protein  
(50% of the protein  
is from a plant-  
based source)

Contains  
Flaxseed or Chia  
Seed (High in  
Omega-3)

Wholemeal  
Planet Friendly, Low  
Carbon Option

Local Red  
Tractor Meat

Local, Seasonal  
Fruit & Veg  
(V) Vegetarian  
(VE) Vegan

**Available Daily:** - Freshly cooked jacket potatoes with a choice of fillings (V/VE) - A choice of flavoured breads freshly baked on site daily (VE) - Daily salad selection (V/VE) - Fresh Fruit (VE) - Natural Yoghurt (V/VE) - Drinking Milk (V/VE)

### ALLERGY INFORMATION:

If you would like to know about particular allergens in foods please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of allergen cross contact.



# St John's H/V Summer 2025

## WEEK TWO

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

W/C  
28<sup>TH</sup> APRIL  
1<sup>9<sup>TH</sup></sup> MAY  
16<sup>TH</sup> JUNE  
7<sup>TH</sup> JULY

## MAIN

## MEALS

8<sup>TH</sup> SEPTEMBER  
29<sup>TH</sup>  
SEPTEMBER  
20<sup>TH</sup> OCTOBER

#### Option One

Tomato, Lentil  
and Cheese Pasta  
(VE)

Classic Mac & Cheese  
(V)

Glamorgan Bean &  
Leek Sausages (V)  
with Roast Potatoes  
and Gravy (V)

Creamy Chickpea and  
Coconut Curry (VE) with  
50/50 Wholemeal Rice  
(VE) and Homemade  
Flatbread (VE)  
(VE)

Lentil and Basil  
Whirl (VE) with  
Chips (VE)

#### Option Two

Tomato, Lentil and  
Roasted Vegetable  
Wholemeal Penne  
Pasta (VE)

Caribbean Spice  
Chicken  
with Rice and Peas

Roast Chicken,  
Stuffing, Roast  
Potatoes and  
Gravy

Chicken Tikka Masala  
with  
50/50  
Wholemeal  
Rice

Fish Fingers with Chips  
and Tomato Sauce

#### Option Three

Jacket Potato with  
Cheese (V)

Jacket Potato with  
Baked Beans (VE)

Jacket Potato with  
Tuna and Sweetcorn  
Mayonaisse

Jacket Potato with  
Cheese (VE)

Jacket Potato with  
Baked Beans (VE)

#### Vegetables

Sweetcorn (VE)  
Cauliflower (VE)

Carrots (VE)  
Courgettes (VE)

Cauliflower (VE)  
Green Beans (VE)

Broccoli (VE)  
Red Cabbage (VE)

Peas (VE)  
Baked Beans (VE)

#### Salad Bar

Grated Carrot (VE)  
Cucumber Sticks (VE)  
Sweet Potato Power  
Salad (VE)  
Tomato Salsa (VE)  
Beetroot (VE)

Lettuce (VE)  
Tomato Pasta (VE)  
Olives (VE)  
Carrot Sticks (VE)  
Cucumber Slices (VE)

Roasted Vegetable  
and Lentil Salad (VE)  
Carrot Sticks (VE)  
Mixed Lettuce (VE)  
Green Beans (VE)  
Diced Pepper (VE)

Coleslaw (V)  
Mixed Bean Salad (VE)  
Cucumber (VE)  
Pepper Sticks (VE)  
Sweetcorn (VE)

Beetroot (VE)  
Rainbow Slaw (VE)  
Iceberg Lettuce (VE)  
Tomatoes (VE)  
Couscous Salad (VE)

## DESSERT

#### Dessert

Yoghurt and Fresh  
Fruits (VE)

Mandarin Sponge  
Cake (VE)

Yoghurt and Fresh  
Fruits (VE)

Yoghurt and Fresh  
Fruits (VE)

Lemon Shortbread  
(VE)

## MENU KEY

Added Plant Protein  
(50% of the protein  
is from a plant-  
based source)

Contains  
Flaxseed or Chia  
Seed (High in  
Omega-3)

Wholemeal  
Planet Friendly, Low  
Carbon Option

Local Red  
Tractor Meat

Local, Seasonal  
Fruit & Veg  
(V) Vegetarian  
(VE) Vegan

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**Available Daily:** - Freshly cooked jacket potatoes with a choice of fillings (V/VE) - A choice of flavoured breads freshly baked on site daily (VE) - Daily salad selection (V/VE) - Fresh Fruit (VE) - Natural Yoghurt (V/VE) - Drinking Milk (V/VE)



# St John's H/v Spring Summer 25

## WEEK THREE

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

W/C  
5<sup>TH</sup> MAY  
2<sup>ND</sup> JUNE  
23<sup>RD</sup> JUNE  
14<sup>TH</sup> JULY

## MAIN MEALS

W/C  
15<sup>TH</sup> SEPTEMBER  
6<sup>TH</sup> OCTOBER

#### Option One

Quorn and Bean Fajitas (VE) with Mexican Rice (VE)

Homemade Beetroot and Lentil Burger (VE) with Sweet Potato Salad

Lentil Wellington (V) with Roast Potatoes and Gravy

Turkish Vegan Soya Kofia (VE) with Lemon and Herb Couscous, Homemade Flatbread and Houmous (VE)

Wholemeal Cheese and Tomato Quiche (V) with Chips (VE)

#### Option Two

Soya Mince Mexican Chilli (VE) with 50/50 Wholemeal Rice

Beef Burger with Sweet Potato Salad

Roast Turkey, Stuffing, Roast Potatoes and Gravy

Peri-Peri Chicken with Chips, Sweetcorn Salsa and Roasted Veg and Olive Bread

Salmon Fishfingers / Pollock Fishfingers with Chips (VE)

#### Option Three

Jacket Potato with Baked s (VE)

Jacket Potato with Baked Beans (VE)

Jacket Potato with Five Bean Chilli (VE)

Jacket Potato with Cheese (VE)

Jacket Potato with Baked Beans (VE)

## VEGETABLES AND SALAD

#### Vegetables

Baked Beans (VE) Broccoli (VE)

Carrots (VE) Peppers (VE)

Peas (VE) Cauliflower (VE)

Sweetcorn (VE) Carrots (VE)

Coleslaw (VE) Green Beans (VE)

#### Salad Bar

Tomatoes (VE) Beetroot (VE) Grated Carrot (VE) Butternut Squash (VE) Mixed Lettuce (VE)

Rainbow Slaw (VE) Olives (VE) Cucumber Sticks (VE) Green Bean Salad (VE) Vegetable Pasta Salad (VE)

Sweet Potato Salad (VE) Carrot Sticks (VE) Diced Pepper (VE) Sweetcorn Salsa (VE) Tomatoes (VE)

Apple and Raisin Salad (V) Cucumber Slices (VE) Grated Carrot (VE) Mixed Lettuce (VE) Pepper Sticks (VE)

Mixed Bean Salad (VE) Iceberg Lettuce (VE) Tomatoes (VE) Couscous Salad (VE)

## DESSERT

Dessert  
Yoghurt and Fresh Fruits (VE)

Yoghurt and Fresh Fruits (VE)

Yoghurt and Fresh Fruits (VE)

Yoghurt and Fresh Fruits (VE)

Pineapple Upside Down Cake (V)

## MENU KEY

Added Plant Protein (50% of the protein is from a plant-based source)

Contains Flaxseed or Chia Seed (High in Omega-3)

Wholemeal Planet Friendly, Low Carbon Option

Local, Seasonal Fruit & Veg (V) Vegetarian (VE) Vegan

Local, Seasonal Fruit & Veg (V) Vegetarian (VE) Vegan

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