GROSSCAMONBY ST JOHNS SCHOOL MIENU SEPITEMBER 2022

ANDAY CHICKEN BITES PASTA CHEESE OR PEPPERONI CHEESE OR PEPPERONI CHEESE OR PEPPERONI CHECKEN CHEESE OR PEPPERONI CHECKEN CHECKEN & GRAVY PEAS OR MIXED VEG FAIRY BUNS/YOGURTS FRUIT/YOGURT CHICKEN & GRAVY CHICKEN BITES SWEETCORN NOGURT & FRUIT CHOCOLATE MUFFIN COMMBERLAND SAUSAGE ROAST POTATOES YORKSHIRES YORKSHIRES YORKSHIRES COUCUMBERLAND SAUSAGE ROAST POTATOES YORKSHIRES YORKSHIRES CAULIFLOWER & GRAVY CHOCOLI & GRAVY FROZEN YOGURT FROZEN YOGURT BURGER IN BUN SMILEYS & BEANS OR CUCUMBER STICKS CAULIFLOWER & GRAVY CHOC ICE GRASMERE GINGERBREAD FLAPJACK FISH FRIDAY FISH FRIDAY FISH FRIDAY FISH FRIDAY FISH FRIDAY FISH FRIDAY RICE OR PASTA MIXED VEGTABLES YORKSHIRES YO	DAY	WEEK 1	WEEK2	WEEK3	ANOTHER OPTION MUST BE ORDERED	EXTRAS
CHICKEN BITES PASTA PASTA GRAVY PEAS OR MIXED VEG FAIRY BUNS/YOGURTS SAUSAGE & MASH GARDEN PEAS, CARROTS & GRAVY YOGURT & FRUIT CHICKEN & GRAVY YOGURT & FRUIT CHICKEN & GRAVY CHICKEN & GRAVY ROAST POTATOES YORKSHIRES YORKSHIRES SMILEYS & BEANS OR CUCUMBER STICKS FISH FRIDAY FISH FRIDAY FISH FRIDAY MEATBALLS PASTA PEAS CHICKEN BITES CHICKEN & GRAVY CHICKEN BITES ROCCOLATE MUFFIN CHICKEN BITES ROAST POTATOES YORKSHIRES YORKSHIRES YORKSHIRES YORKSHIRES YORKSHIRES YORKSHIRES YORKSHIRES YORKSHIRES WINCE & POTATOES WITH VEG GRASMERE GINGERBREAD FISH FRIDAY	DAY				MUST BE ORDERED	Daily
GRAVY PEAS OR MIXED VEG FAIRY BUNS/YOGURTS FAIRY BUNS/YOGURTS SAUSAGE & MASH GARDEN PEAS, CARROTTS & GRAVY YOGURT & FRUIT CHICKEN & GRAVY YOGURT & FRUIT CHOCOLATE MUFFIN CHICKEN ROAST POTATOES YORKSHIRES BROCCOLI & GRAVY FROZEN YOGURT BUNGGER IN BUN SMILEYS & BEANS OR CUCUMBER STICKS CUCUMBER STICKS FISH FRIDAY JELLY & FRUIT MEATBALLS PASTA CARROTS & GRAVY GRASMERE GINGERBREAD FISH FRIDAY	MONDAY	CHICKEN BITES PASTA	PIZZA CHEESE OR PEPPERONI	MEATBALLS PASTA PEAS	JACKET POTATOES FILLING CHEESE OR	Cheese Cucumber Slices
FAIRY BUNS/YOGURTS FRUIT/YOGURT SAUSAGE & MASH GARDEN PEAS, CARROTS & GRAVY YOGURT & FRUIT CHICKEN & GRAVY YOGURT & FRUIT CHOCOLATE MUFFIN CHOCOLATE MUFFIN CHOCOLATE MUFFIN CHOCOLATE MUFFIN CHOCOLATE MUFFIN CHOCOLATE MUFFIN COMMBLE & CUSTARD COAST POTATOES YORKSHIRES YORKSHIRES FORCCOLI & GRAVY FROZEN YOGURT BURGER IN BUN SMILEYS & BEANS OR CUCUMBER STICKS FISH FRIDAY		GRAVY PEAS OR MIXED VEG	WEDGES	& GRAVY	TUNA	Bread Fresh Yogurts
FAIRY BUNS/YOGURTS SAUSAGE & MASH GARDEN PEAS, CARROTS & GRAVY YOGURT & FRUIT CHICKEN & GRAVY YOGURT & FRUIT CHICKEN & GRAVY YOGURT & FRUIT CHICKEN & CHOCOLATE MUFFIN CHOCOLATE MUFFIN COMBERLAND SAUSAGE ROAST POTATOES YORKSHIRES BROCCOLI & GRAVY FROZEN YOGURT BURGER IN BUN SMILEYS & BEANS OR CUCUMBER STICKS CUCUMBER STICKS FISH FRIDAY						Fruit
SAUSAGE & MASH GARDEN PEAS, CARROTS & GRAVY YOGURT & FRUIT CHICKEN ROAST POTATOES YORKSHIRES BROCCOLI & GRAVY FROZEN YOGURT BURGER IN BUN SMILEYS & BEANS OR CUCUMBER STICKS CUCUMBER STICKS FISH FRIDAY FISH FRIDAY FISH FRIDAY CHOCOLATE MUFFIN CHOCOLATE MUFFIN CHOCOLATE MUFFIN CHOCOLATE MUFFIN CHOCOLATE MUFFIN CHOCOLATE MUFFIN CRUMBLE & CUSTARD CRUMBLE & CUSTARD ROAST POTATOES YORKSHIRES YORKSHIRES YORKSHIRES YORKSHIRES CAULIFLOWER & GRAVY CHOCICE GRASMERE GINGERBREAD FISH FRIDAY		FAIRY BUNS/YOGURTS	FRUIT/YOGURT	FRUIT/YOGURT		
GARDEN PEAS, CARROTS & GRAVY RICE OR PASTA SWEETCORN POGURT & FRUIT CHOCOLATE MUFFIN CHOCOLATE MUFFIN CHOCOLATE MUFFIN CUMBERLAND SAUSAGE ROAST POTATOES YORKSHIRES BROCCOLI & GRAVY FROZEN YOGURT BURGER IN BUN SMILEYS & BEANS OR CUCUMBER STICKS CUCUMBER STICKS FLAPJACK FISH FRIDAY FISH FRIDAY FISH FRIDAY FISH FRIDAY FISH FRIDAY RICE PUDDING	TUESDAY	SAUSAGE & MASH	CHICKEN & GRAVY	CHICKEN BITES	JACKET POTATOES	Cheese
WOGURT & FRUIT CHOCOLATE MUFFIN CCHICKEN ROAST POTATOES YORKSHIRES BROCCOLI & GRAVY FROZEN YOGURT BURGER IN BUN SMILEYS & BEANS OR CUCUMBER STICKS CUCUMBER STICKS FISH FRIDAY FISH FRIDAY JELLY & FRUIT RICE PUDDING CHOCOLATE MUFFIN CUMBER & CUSTARD CUMBER & CUSTARD CUMBERLAND SAUSAGE ROAST POTATOES YORKSHIRES YORKSH		GARDEN PEAS, CARROTS	RICE OR PASTA	RICE	FILLING CHEESE OR	Cucumber Slices
CHICKEN CHICKEN COMBERLAND SAUSAGE ROAST POTATOES YORKSHIRES BROCCOLI & GRAVY FROZEN YOGURT BURGER IN BUN SMILEYS & BEANS OR CUCUMBER STICKS FISH FRIDAY FISH FRIDAY JELLY & FRUIT RICE PUDDING CHOCOLATE MUFFIN CRUMBER & CUSTARD ROAST POTATOES ROAST POTATOES YORKSHIRES ROAST POTATOES YORKSHIRES ROAST POTATOES ROAST POTATOES ROAST POTATOES ROAST POTATOES WORKSHIRES YORKSHIRES COOKIE MINCE & POTATOES WITH VEG CHOC ICE GRASMERE GINGERBREAD FISH FRIDAY		& GRAVY	SWEETCORN	MIXED VEGTABLES	TUNA	Bread
CHICKEN CHICKEN CHICKEN COMBERLAND SAUSAGE ROAST POTATOES YORKSHIRES BROCCOLI & GRAVY FROZEN YOGURT BURGER IN BUN SMILEYS & BEANS OR CUCUMBER STICKS CUCUMBER STICKS FISH FRIDAY FISH FRIDAY JELLY & FRUIT CUMBER STICKS CHOC ICE GRASMERE GINGERBREAD FLAPJACK FISH FRIDAY FISH FRIDAY CHOC ICE GRASMERE GINGERBREAD FISH FRIDAY FISH FRIDAY FISH FRIDAY FISH FRIDAY FISH FRIDAY RICE PUDDING CUMBER & CUSTARD ROAST HAM ROAST HAM ROAST POTATOES COOKIE MINCE & POTATOES WITH VEG CHOC ICE GRASMERE GINGERBREAD FISH FRIDAY						Fresh Yogurts
CHICKEN ROAST POTATOES YORKSHIRES YORKSHIRES YORKSHIRES BROCCOLI & GRAVY FROZEN YOGURT BURGER IN BUN SMILEYS & BEANS OR CUCUMBER STICKS FISH FRIDAY FISH FRIDAY JELLY & FRUIT CUMBER STICKS ROAST POTATOES YORKSHIRES		YOGURT & FRUIT	CHOCOLATE MUFFIN	CRUMBLE & CUSTARD		Fruit
ROAST POTATOES YORKSHIRES	WEDNESDAY	CHICKEN	CUMBERLAND SAUSAGE	ROAST HAM	JACKET POTATOES	Cheese
PROCCOLI & GRAVY RROCCOLI & GRAVY FROZEN YOGURT BURGER IN BUN SMILEYS & BEANS OR CUCUMBER STICKS FLAPJACK · FISH FRIDAY	3	ROAST POTATOES	ROAST POTATOES	ROAST POTATOES	FILLING CHEESE OR	Cucumber Slices
BROCCOLI & GRAVY FROZEN YOGURT BURGER IN BUN SMILEYS & BEANS OR CUCUMBER STICKS FLAPJACK FISH FRIDAY		YORKSHIRES	YORKSHIRES	YORKSHIRES	TUNA	Bread
DAY BURGER IN BUN SMILEYS & BEANS OR CUCUMBER STICKS FLAPJACK FISH FRIDAY JELLY & FRUIT FISH FRIDAY JELLY & FRUIT RICE PUDDING COOKIE MINCE & POTATOES WITH VEG CHOC ICE FISH FRIDAY		BROCCOLI & GRAVY	CAULIFLOWER & GRAVY	BROCCOLI & GRAVY		Fresh Yogurts Fruit
BURGER IN BUN SMILEYS & BEANS OR CUCUMBER STICKS FLAPJACK FISH FRIDAY		FROZEN YOGURT	JELLY & FRUIT	COOKIE		
SMILEYS & BEANS OR CUCUMBER STICKS CUCUMBER STICKS FLAPJACK FISH FRIDAY	THURSDAY	BURGER IN BUN	MEATBALLS	MINCE & POTATOES	JACKET POTATOES	Cheese
CUCUMBER STICKS CARROTS & GRAVY GRASMERE GINGERBREAD FLAPJACK FISH FRIDAY		SMILEYS & BEANS OR	PASTA	WITH VEG	FILLING CHEESE OR	Cucumber Slices
FLAPJACK FISH FRIDAY		CUCUMBER STICKS	CARROTS & GRAVY		TUNA	Bread
FLAPJACK FISH FRIDAY				CHOC ICE		Fresh Yogurts
FLAPJACK : GINGERBREAD FISH FRIDAY FISH FRIDAY FISH FRIDAY FISH FRIDAY FISH FRIDAY FISH FRIDAY FOR FRUIT			GRASMERE			Fruit
FLAPJACK FISH FRIDAY			GINGERBREAD			
FISH FRIDAY		FLAPJACK ·				
RICE PUDDING YOGURT OR FRUIT	FRIDAY	FISH FRIDAY	FISH FRIDAY	FISH FRIDAY	JACKET POTATOES	Cheese
RICE PUDDING YOGURT OR FRUIT					FILLING CHEESE OR	Cucumber Slices
		JELLY & FRUIT	RICE PUDDING	YOGURT OR FRUIT	TUNA	Bread
						Fresh Yogurts
						Fruit