St John Fisher Merton TUESDAY WEDNESDAY THURSDAY FRIDAY MONDAY **Autumn Winter 2025** 2024 **WEEK ONE** Plant Balls in Tomato Beef Pasta Bake with Roast Chicken, Stuffing, Vegetable Fajitas with Fishfingers / Salmon **Option One** Sauce with Rice Garlic Bread Roast Potatoes and Potato Wedges Fishfingers with Chips & Tomato Sauce Gravv 03/11/2025 24/11/2025 Glamorgan Sausages Vegan Roll with Chips & Cheese & Tomato Mediterranean Gratin **NEW** BBQ Sausage **Option Two** Tomato Sauce with Potato Wedges Pinwheel with Potato with Roast Potatoes and Pasta with Garlic Bread 15/12/2025 Wedges Gravy 19/01/2026 09/02/2026 Sliced Carrots Sweetcorn Broccoli Mediterranean Baked Beans **Vegetables** 09/03/2026 Green Beans Cauliflower Green Cabbage vegetables Garden Peas Dessert Cheese/Fresh Fruit with **NEW** Apple Crumb Cake Fruit Medley Jelly with Mandarins Syrup Sponge with with Custard Yoghurt Station Crackers Custard Classic Cheese & Roast Turkey, Stuffing Chef Special Chicken and Breaded Fish WEEK TWO Spaghetti **Option One** Tomato Pizza Bolognaise 9 Chickpea Korma with Rice with Chips & Tomato with Wedges Creamy Vegetable Pie Sauce 10/11/2025 Roast Potatoes and 01/12/2025 Vegan Spaghetti Mild Mexican Chilli Creamy Chickpea & Cheese Whirl with Chips Gravy Bolognaise With Rice Coconut Curry with Rice & Tomato Sauce **Option Two** 05/01/2026 26/01/2026 Carrots Sweetcorn Broccoli Sweetcorn Baked Beans 23/02/2026 Sliced Carrots Peas Baked Beans Green Beans Garden Peas Vegetables 16/03/2026 Orange Cookie Vanilla Sponge with Fruit Salad Sticky Toffee Apple Vanilla Shortbread Chocolate Sauce Yoghurt Station Crumble with Custard Dessert Fishfingers with Chips & Golden Macaroni **NEW** Chicken Enchilada Sausage with Roast Creamy Chicken and **WEEK THREE Option One** Cheese Bake with Paprika Potatoes & Onion Gravy Broccoli Pasta Bake Tomato Sauce Wedges Hot Pot Baked Bean Tomato Pasta with Vegan Sausage & Roast Vegetarian Pasta Bake Vegetable Pasty with Casserole Cheese Potatoes & Gravy Chips & Tomato Sauce **Option Two** Mixed Seasonal Sliced carrots Sweetcorn Cauliflower Baked beans Vegetables Garden Peas Broccoli Roasted Carrots Vegetables Garden Peas Oaty Cookie Mixed Fruit Crumble with Fruit Salad Chocolate Drizzle Cake Cornflake Tart Dessert Custard Yoghurt Station with Custard ALLERGY INFORMATION: **MENU KEY** Vegan C Wholemeal Added Plant Protein If you would like to know about particular allergens in foods please

Available Daily: - Freshly cooked jacket potatoes with a choice of fillings - Bread freshly baked on site daily- Daily salad selection – Fresh Fruit and Yoghurt

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.

