# **SCHOOL MEALS**

Available daily as an alternative: - Filled jacket potatoes and a selection of sandwiches served with vegetables, a dessert and drink. An alternative dessert from a selection of seasonal fresh fruit, fruit yoghurt, soreen and cheese & biscuits Available daily - Unlimited fresh salad and wholemeal bread, drinking water or fresh milk.





# Week One

Monday Ham and Cheese Pasta Bake Served with Broccoli

Selection of Wholemeal Pizza with Various Toppings Served with Homemade Jacket Wedged Potatoes and Sweetcorn

Homemade Rice Pudding with a Compote of Warm Berries or Orange Sorbet

### Tuesday

Homemade Chicken Casserole Served with Creamed Potato, Carrots and Peas

Oven Baked Vegetarian Sausage Roll Served with ½ Jacket Potato and Baked Beans

Chocolate Sponge with Chocolate Sauce

#### Wednesday

V Homemade Chicken Korma Served with 50/50 Rice

d Tractor Beef Burger Served in a 50/50 bun, Diced Potato with Tomato Sauce and Sweetcorn

> Apple Crumble Served with Custard

#### Thursday

Braised Beef Served with Sage and Onion Stuffing, Creamed & Roast Potatoes, Carrots and Broccoli Gravy

Homemade Macaroni Cauliflower Cheese Topped with Tomatoes Served with Fresh Broccoli

> Fresh Fruit Segments Yoghurt

#### Friday

Oven Baked Battered Salmon or Crumb Coated Chicken Served with Chunky Chipped Potatoes, Peas or Baked Beans

> Homemade Cheese Flan Served with Chunky Chipped Potatoes, Peas or Baked Beans

#### Cooks Choice Cookie

## Week Two

Monday Selection of Wholemeal Pizza 🚿 with Various Toppings Served with Herby Diced Potatoes, Peas or Sweetcorn

V Chicken Paella (Chicken and Savoury Rice) Served with Peas and Sweetcorn

> Apple and Blackberry Crumble Served with Custard

#### **Tuesday**

V Homemade Spaghetti Bolognaise Served with Broccoli

Baked Gammon Served with Cheesy Mashed Potato and Baked Beans

Syrup and Sultana Sponge Pudding Served with Custard

#### Wednesday

Lamb Stew Served with Creamed Potatoes Carrots and Garden Peas

V Pork Sausage with Creamed Potatoes, Gravy, Garden Peas and Carrot Batons

> Fresh Fruit Segments Yoghurt

#### Thursday

Roast Turkey with Sage and Onion Stuffing Served with Roast & Creamed Potatoes, Fresh Broccoli and Carrots Gravy

Tomato and Mascarpone Wholemeal Pasta Bake Served with Garlic Bread and Broccoli

Warm Sticky Toffee Pudding with Caramel Sauce

#### Friday

Oven Baked Tempura Battered Fish Served with Chunky Chipped Potatoes Peas or Baked Beans

V Crumb Coated Chicken Served with Chunky Chipped Potatoes Peas or Baked Beans

Selection of Cookies

## **Week Three**

Monday Yorkshire Pudding Filled with Savoury Minced Beef Served with Creamed Potato and Seasonal Vegetables

Selection of Wholemeal Pizza with Various Toppings Served with Homemade Jacket Wedged Potatoes and Sweetcorn

Plum and Oat Crumble Served with Custard

Tuesday V All Day Breakfast

Homemade Cheese Flan Served with Baked Beans and Half Jacket Potato

Yoghurt or Fruit Segments

Wednesday Steak Pie Served with Seasonal Vegetables and Savoury Potatoes

V Pasta Carbonara Served with Seasonal vegetables

Carrot Cake

## Thursday

Roast Gammon, Sage & Onion Stuffing Served with Gravy, Roast & Creamed Potatoes, Fresh Broccoli and Carrot

V Chicken Tikka Masala Served with 50/50 Rice

Gingerbread Cake with Mandarin Orange

#### Friday

V Oven Baked Crumb Coated Chicken Served with Chunky Chipped Potatoes and Garden Peas

Oven Baked Fish Fingers Served with Chunky Chipped Potatoes and Garden Peas

> Cooks Choice Homemade Biscuit/Flapjack

## School: St Vincents Catholic Primary Menu Autumn/Winter 2017/18

Menu Cycle Week One: 4th Sept, 25th Sept,16th Oct, 6th Nov, 27th Nov, 18th Dec, 8th Jan, 29th Jan, 19th Feb,12th Mar, 2nd Apr Menu Cycle Week Two: 11th Sept, 2nd Oct, 23rd Oct,13th Nov, 4th Dec, 25th Dec,15th Jan, 5th Feb, 26th Feb,19th Mar, 9th Apr Menu Cycle Week Three: 18th Sept, 9th Oct, 30th Oct, 20th Nov, 11th Dec, 1st Jan, 22nd Jan,12th Feb, 5th Mar, 26th Mar

Every Eve

For allergen and dietary help please contact school meals helpdesk on 01925 443082 or visit our website www.warrington.gov.uk/schoolmeals

