

# 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, sreen and cheese & biscuits  
Available daily - Unlimited fresh salad and wholemeal bread, drinking water or fresh milk.



## Week One

### Meat Free Monday

✓ Vegetarian Sausage Roll, served with savoury potatoes, baked beans or garden peas

Vanilla Ice Cream

### Tuesday

✓ Roast Gammon served with sage and onion stuffing creamed & roast potatoes, seasonal fresh carrots and broccoli and gravy

Fresh Fruit Segments or yoghurt

### Wednesday

✓ Pork Sausage with creamed potatoes, gravy served with seasonal fresh carrots and peas

Homemade Blueberry Cake

### Thursday

✓ Oven baked Fish Stars served with chunky chipped potatoes, garden peas or baked beans

✓ Crumb Coated Chicken served with chunky chipped potatoes, garden peas or baked beans

Homemade Shortbread Biscuit

### Friday

✓ Homemade Spaghetti Bolognaise served with garden peas

✓ Jelly and Fruit

## Week Two

### Meat Free Monday

✓ Margarita Pizza served with herby diced potatoes, and sweetcorn

✓ Baked Jacket Potato with a selection of fillings

Vanilla Ice Cream

### Tuesday

✓ Roast Turkey with sage and onion stuffing served with roast & creamed potatoes, seasonal fresh carrots and broccoli and gravy

Fresh Fruit Segments or Yoghurt

### Wednesday

✓ Chicken curry served with 50/50 rice

✓ Jelly and Fruit

### Thursday

✓ Oven baked Battered Salmon served with chunky chipped potatoes garden peas or baked beans

✓ Red Tractor Chicken Poppers served with chunky chipped potatoes garden peas or baked beans

Homemade cooks choice Cookie

### Friday

Italian chicken with sauté potatoes and seasonal vegetables

Fruit Crumble and Custard

## Week Three

### Meat Free Monday

✓ Homemade Tomato Pasta Bake served with seasonal vegetables

Homemade Rice Pudding or Vanilla Ice Cream

### Tuesday

✓ Roast Chicken sage & onion stuffing served with gravy, roast & creamed potatoes, seasonal fresh carrot and broccoli

Fresh Fruit Segments or Yoghurt

### Wednesday

✓ Cottage pie Served with seasonal vegetables

Homemade Flapjack

### Thursday

✓ Seasoned chicken fillet served with chunky chipped potatoes, garden peas or baked beans

✓ Oven baked Battered Fish served with chunky chipped potatoes, garden peas or baked beans

Cooks Choice Toffee Date Cake or Chocolate Cake with Orange

### Friday

✓ Pork Meatballs in homemade tomato and basil sauce served with wholemeal pasta and garden peas

✓ Jacket potato with a selection of fillings

✓ Jelly and Fruit

Menu cycle week one: 6 Sept, 27 Sept, 18 Oct, 8 Nov, 29 Nov, 20 Dec, 10 Jan, 31 Jan, 21 Feb, 14 Mar, 7 Apr

Menu cycle week two: 13 Sept, 4 Oct, 25 Oct 15 Nov, 6 Dec, 27 Dec, 17 Jan, 7 Feb, 28 Feb, 21 Mar, 14 Apr

Menu cycle week three: 20 Sept, 11 Oct, 1 Nov, 22 Nov, 13 Dec, 3 Jan, 24 Jan, 14 Feb, 7 Mar, 28 Mar, 21 Apr

## St Vincents Catholic Primary School Menu September 2021/22



= Vegetarian ✓ = Vegetarian substitute available  
Lunch will be served with fresh milk or drinking water.  
All homemade dishes contain additional vegetables.

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



**WARRINGTON**  
Borough Council

