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
Homemade Tuna Pasta Bake
served with broccoli

Selection of Pizza with
various toppings,
jacket wedged potatoes,
sweetcorn

Homemade Rice Pudding with Warm Berries
or Ice Cream

Tuesday
Braised Beef
served with gravy, roast and creamed potatoes,
carrots and broccoli

Homemade Macaroni Cauliflower Cheese
topped with tomatoes served with
fresh broccoli

Fresh Fruit Salad
Yoghurt

Wednesday
V Homemade Chicken Korma
served with 50/50 rice

Tomato and Cheese Pasta Bake
garlic bread

Homemade Fruit Crumble served with custard

Thursday
Oven Baked Battered Salmon
served with chunky chipped potatoes, peas or baked beans

V Red Tractor Chicken Poppers
served with chunky chipped potatoes, peas or baked beans

Cooks choice Cookie

Friday
Cooks choice Homemade (Change4Life)
Cottage Pie served with broccoli

Oven baked Vegetarian Sausage Roll
served with sauté potatoes
and baked beans

Homemade Eve's Pudding
served with custard sauce

Week Two

Monday
V Tortilla Boat filled with Mild Chili Beef,
50/50 rice, sweetcorn

V Seasoned Chicken Breast served with ½ jacket
potato, spaghetti hoops

Apple and Blackberry Crumble,
custard sauce
or Strawberry Ice Cream

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

Tomato and Mascarpone
Wholemeal Pasta Bake
and broccoli

Fresh Fruit Salad
Yoghurt

Wednesday
Cooks choice Curry with 50/50 rice

Baked Gammon,
creamed potatoes, served with baked beans
or seasonal vegetables

Chocolate Sponge Pudding with custard sauce

Thursday
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

Cookie

Friday
V Homemade Spaghetti Bolognaise
served with broccoli

V Pork Sausage with sauté potatoes
and seasonal vegetables

Homemade Flapjack

Week Three

Monday
Yorkshire Pudding filled with Savoury
Minced Beef served with creamed potato and
seasonal vegetables

Baguette Pizza or Flatbread Pizza with various
toppings served with homemade jacket wedged
potatoes and sweetcorn

Plum and Oat Crumble served with custard
or
Ice Cream

Tuesday
Roast Gammon,
sage & onion stuffing served with gravy,
roast and creamed potatoes, fresh broccoli and carrot

V Chicken Tikka Masala served with 50/50 rice

Gingerbread Cake

Wednesday
Homemade Beef and Onion Pie
new potatoes, seasonal vegetables

V Italian Pasta with Chicken
served with seasonal vegetables

Yoghurt or Fruit Segments

Thursday
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

Cookie with Mandarin Oranges

Friday
V Pork Meatballs in Homemade Tomato and Basil
Sauce served with wholemeal pasta
and garden peas

V Cheese Flan, ½ jacket
wedged potato, baked beans

Carrot Cake

St Vincents Catholic Primary School Menu Autumn/Winter 2019/2020

Menu Cycle Week One: 4 Nov, 25 Nov, 16 Dec, 6 Jan, 27 Jan, 17 Feb, 9 Mar, 30 Mar
Menu Cycle Week Two: 11 Nov, 2 Dec, 23 Dec, 13 Jan, 3 Feb, 24 Feb, 16 Mar
Menu Cycle Week Three: 18 Nov, 9 Dec, 30 Dec, 20 Jan, 10 Feb, 2 Mar, 23 Mar

= Vegetarian V = 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

WARRINGTON
Borough Council