ALLERGY INFORMATION: If your child has an allergy or intolerance 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.

St Pauls CE Junior School Autumn Menu 2017

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Week Commencing		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	**Main**	Pork Sausages with Mash & Gravy	Lamb Shepherd's Pie with Gravy	Roast Pork with Roast Potatoes and Gravy	Chicken Tikka with Rice	MSC Jumbo Fish Finger with Chips
05/09/2017 25/09/2017 16/10/2017 13/11/2017 04/12/2017	**Vegetarian**	Quorn Sausages & Mash with Gravy	Sweet & Sour Vegetables with Noodles	Quorn Roast with Roast Potatoes and Gravy	Macaroni Cheese with Garlic Bread	Creamy Vegetable Pie with Mash Potato Topping
		Cauliflower Peas	Carrots Green Beans	Savoy Cabbage Carrot & Swede Mash	Sweet Corn Green Salad	Baked Beans Garden Peas
	Dessert	Wholemeal Plum & Vanilla Crumble with Custard Yoghurt Fresh Fruit Platter	Apple & Raisin Flapjack Yoghurt Fresh Fruit Salad	Carrot and Courgette Cake & Custard Yoghurt Fresh Fruit Platter	Dutch Apple Pie & Custard Yoghurt Fresh Fruit Salad	Lemon Drizzle Cake Yoghurt Fresh Fruit Chunks
Week 2	**Main**	Chicken & Broccoli Pasta Bake	Beef Meat Balls in Tomato Sauce Served with Wholemeal Rice	Roast Turkey with Roast Potatoes and Gravy	Spaghetti Beef Bolognese	MSC Fish Fingers with Chips
11/09/2017 02/10/2017 30/10/2017 20/11/2017 11/12/2017	**Vegetarian**	Lentil & Basil Puff Pastry Turnover with New Potatoes	Vegetable Lasagne With Jacket Wedges	Mixed Vegetable Loaf with Roast Potatoes and Gravy	Lentil & Sweet Potato Curry with Rice	Cheese & Tomato Quiche with Chips
		Broccoli Carrots	Coleslaw Sweet Corn	Carrots Cauliflower Florets	Roasted Mixed Vegetables	Baked Beans Garden Peas
	Dessert	Wholemeal Banana Loaf Yoghurt Fresh Fruit Chunks	Orange Bread & Butter Pudding with Custard Yoghurt Fresh Fruit Platter	Vanilla Shortbread with Fruit Yoghurt Fresh Fruit Salad	Eves Pudding with Custard Yoghurt Fresh Fruit Platter	Chocolate & Beetroot Brownie Yoghurt Fresh Fruit Chunks
Week 3	**Main**	BBQ Chicken Pizza with Jacket Wedges	Minced Beef and Onion Pie with Mash Potatoes	Roast Chicken with Stuffing with Roast Potatoes & Gravy	Beef Lasagne served with Garlic Bread	MSC Breaded or Battered Fish with Chips
18/09/2017 09/10/2017 06/11/2017 27/11/2017 18/12/2017	**Vegetarian**	Bean Vegetable Chilli with Rice	Vegetable Wholemeal Pasta Bake	Vegetable Wellington with Roast Potatoes and Gravy	Red Pepper Frittata with New Potatoes	Cheese & Tomato Pizza with Chips
		Sweet Corn Mixed Salad	Green Beans Glazed carrots	Savoy Cabbage Broccoli Florets	Sweet Corn Tomato Salad	Garden Peas Baked Beans
	Dessert	Pear Sponge with Custard Yoghurt Fresh Fruit Platter	Rice Pudding with Mixed Berries Yoghurt Fresh Fruit Salad	Cheese, Apple and Biscuits Yoghurt Fresh Fruit Chunks	Apple & Raisin Strudel with Custard Yoghurt Fresh Fruit Salad	Chocolate Crunch Cake Yoghurt Fresh Fruit Platter

FOOD FOR LIFE — SILVER SERVED HERE — Soil Association

WOKINGHAM BOROUGH COUNCIL

Available Daily
Freshly cooked jacket potatoes with a choice of fillings (where advertised)
Bread freshly baked on site daily & Daily salad selection & fresh fruit and yoghurt

Daily Menu Offer

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Each day Caterlink provide a balanced menu choice for children at your school.

They have the choice from the following each day

Main course which is either a vegetarian, meat/fish or jacket potato option
With
Carbohydrate such as potato, rice or pasta
As well as
Two vegetables which they can have as much as they like

In addition they also have available
Free flowing salad bar and homemade bread which is in a self serve area

Dessert is as advertised or fresh fruit or yoghurt

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FOOD FOR LIFE
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