St Pauls C of E Junior School Summer Menu 2022



caterlink		SOMMER MEHO 2022 WORKINGHAM BOROUGH COUNCIL				
feeding the ima	gination	Monday	Tuesday	Wednesday	Thursday	Friday
Week One 25/04/2022 16/05/2022 13/06/2022 04/07/2022	Option 1	Chicken and Red Pepper Pizza with Wedges	Pork Sausage, Mashed Potatoes and Gravy	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Plant Based Chicken Tikka Curry with 50/50 Rice	Fish Fingers with Chips
	Option 2	Soya Spaghetti Bolognaise 🔷	Vegetarian Sausages, Mashed Potato and Gravy	Cheese & Pepper Whirl Roast Potatoes and Gravy	Lentil and Sweet Potato Curry with 50/50 Rice	Wholemeal Cheese and Tomato Quiche with Chips
	Vegetables	Sweet Corn Peas	Carrots Cabbage	Mashed Swede Cauliflower	Broccoli Carrots	Baked Beans Peas
	Dessert	Marble Sponge with Custard	Peach Upside Down Cake	Pear Crumble with Custard	Apple, Cheese and Crackers	Vanilla Cookie
		Or a choice of Yoghurt & Fresh Fruit available daily				
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Week Two 02/05/2022 23/05/2022 20/06/2022 11/07/2022	Option 1	Chickpea Aloo Chat With Rice	Beef Burger in a Bun With Potato Wedges	Roast Pork, Roast Potatoes and Gravy	Macaroni Cheese with Garlic Slice	Fish in Batter with Chips
	Option 2	Vegetable Hotpot with Rice	Tomato and Vegetable Pasta	Quorn Roast Fillet with Roast Potatoes and Gravy	Vegetable & Bean Fajitas with 50/50 Rice	Cheese Frittata with Chips
	Vegetables	Sweet Corn Broccoli	Peas Carrots	Fresh Mixed Vegetables	Sweet Corn Green Beans	Baked Beans Peas
	Dessert	Mixed Fruit Crumble and Custard	Chocolate Cake with Chocolate Drizzle	Apple and Raisin Flapjack	Fruit and Yoghurt	Orange and Lemon Shortbread
		Or a choice of Yoghurt & Fresh Fruit available daily				
Week Three 09/05/2022 06/06/2022 27/06/2022 18/07/2022	Option 1	Lemon Turkey Stuffed Pitta Pouch with Couscous	Cheese and Tomato French Bread Pizza	Roast Turkey Fillet, Roast Potatoes and Gravy	Beef Cottage Pie with Gravy	Fish Fingers with Chips
	Option 2	Vegetable Enchiladas with Baked Wedges	Five Bean Chilli with 50/50 Rice	Vegetarian Wellington with Roast Potatoes	Broccoli and Cheese Pasta Bake	Vegan Mexican Bean Roll with Chips
	Vegetables	Coleslaw Mixed Salad/Crudités	Sweet Corn 🔷 🎚 Broccoli	Peas Cauliflower	Green Beans Carrots	Baked Beans Peas
	Dessert	Jelly with Ice Cream	Eves Pudding and Custard	Chocolate and Mandarin Brownie	Peach Crumble and Custard	Spanish Cinnamon Cookie
		Or a choice of Yoghurt & Fresh Fruit available daily				

Added Plant Power

Vegan

Wholemeal

Available Daily:

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection

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 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 contamination.