

St Pauls Junior School Spring Menu 2020 - NGCI



Monday

Tuesday

Wednesday

Thursday

Friday

Week One

06/01/2020
27/01/2020
24/02/2020
16/03/2020

Option 1	Tomato and Vegetable Sauce with NGCI Pasta	NGCI Sausage, Mashed Potatoes & NGCI Gravy	Roast Chicken with Roast Potatoes & NGCI Gravy (no Stuffing)	Chicken Curry with 50/50 Rice	NGCI Bubble-Coated Fish with Chips
Option 2	Lentil & Sweet Potato Curry with Rice	Jacket Potato with a choice of fillings	Quorn Roast Fillet with Roast Potatoes and NGCI Gravy	NGCI Macaroni Cheese	NGCI Cheese and Tomato Quiche with Chips
Vegetables	Roasted Vegetables Green Salad	Cauliflower Broccoli	Carrots Green Beans	Sweet Corn Peas	Baked Beans Peas
Dessert	Yoghurt Fresh Fruit	NGCI Pineapple Cake Yoghurt Fresh Fruit	Apple & Cheese (no Crackers) Yoghurt Fresh Fruit	NGCI chocolate Shortbread Yoghurt Fresh Fruit	NGCI chocolate Shortbread Fresh Fruit and Yoghurt

Week Two

13/01/2020
03/02/2020
02/03/2020
23/03/2020

Option 1	NGCI Cheese & Tomato Pizza & Wedges	NGCI Sausage, Mashed Potatoes & NGCI Gravy	Roast Gammon Roast Potatoes & NGCI Gravy	Mexican Beef Chilli with Rice (No Cumin)	NGCI Bubble-Coated Fish with Chips
Option 2	Chickpea Curry with Rice	Jacket Potato with a choice of fillings	Quorn Roast Fillet with Roast Potatoes and NGCI Gravy	Vegetarian Bolognaise with NGCI Pasta	Cheese Frittata with Chips
Vegetables	Sweet Corn Carrots	Peas Cauliflower	Cabbage Green Beans	Sweet Corn Broccoli	Baked Beans Peas
Dessert	NGCI Pear Crumble and custard Yoghurt Fresh Fruit	NGCI Chocolate Cake with Chocolate Drizzle Yoghurt Fresh Fruit	Apple & Cheese (No Crackers) Yoghurt Fresh Fruit	NGCI Carrot and Courgette Cake Yoghurt Fresh Fruit	NGCI Shortbread Fresh Fruit and Yoghurt

Week Three

20/01/2020
10/02/2020
09/03/2020
30/03/2020

Option 1	PB Bolognaise with NGCI Pasta	NGCI Chicken & Sweet Corn Pie with NGCI Gravy	Roast Pork, Roast Potatoes and NGCI Gravy	Chicken Stir Fry (No Soy Sauce)	NGCI Bubble-Coated Fish with Chips
Option 2	Vegetarian Bolognaise With Rice	Vegetable Hotpot	Quorn Roast Fillet with Roast Potatoes and NGCI Gravy	NGCI Vegetable Pasta Bake	NGCI Bean and Lentil Burger (NO BUN) with Chips
Vegetables	Sweet Corn Broccoli	Cauliflower Green Beans	Swede Peas	Carrot Sticks Tomato Salad	Baked Beans Peas
Dessert	NGCI Vanilla Sponge Yoghurt Fresh Fruit	NGCI Banana Sponge & NGCI Custard Yoghurt Fresh Fruit	Apple & Cheese (No Crackers) Yoghurt Fresh Fruit	NGCI Chocolate and Orange Brownie Yoghurt Fresh Fruit	NGCI Shortbread Fresh Fruit and Yoghurt

Available Daily:

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- 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 necessary 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 cross contamination.