

St Paul's CE Junior School Spring Menu 2020



Monday

Tuesday

Wednesday

Thursday

Friday

WEEK ONE

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

Option 1	Tomato and Vegetable Pasta with Garlic Slice	Sausage, Mashed Potatoes and Gravy	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Chicken Curry with 50/50 Rice	Fish Fingers/Salmon Fish Fingers with Chips
Option 2	Lentil and Sweet Potato Curry with Rice	Glamorgan Vegetarian Sausages, Mashed Potato and Gravy	Vegetable Wellington with Roast Potatoes and Gravy	Macaroni Cheese	Cheese and Tomato Quiche with Chips
Vegetables	Roasted Vegetables Green Salad	Cauliflower Broccoli	Carrots Green Beans	Sweet Corn Peas	Baked Beans Peas
Dessert	Syrup Sponge with Custard Yoghurt Fresh Fruit	Pineapple Cake Yoghurt Fresh Fruit	Apple, Cheese & Crackers Yoghurt Fresh Fruit	Vanilla Shortbread Cookie Yoghurt Fresh Fruit	Fresh Fruit and Yoghurt Station Chocolate Cookie

WEEK TWO

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

Option 1	Cheese and Tomato Pizza with Baked Wedges	Sausage Plait with New Potatoes	Roast Gammon Roast Potatoes and Gravy	Mexican Beef Chilli with Rice & Garlic Slice	Breaded Fish with Chips
Option 2	Chickpea Curry with Rice	Potato and Courgette Layer bake	Quorn Roast Fillet with Roast Potatoes and Gravy	Vegetarian Spaghetti Bolognese	Cheese Frittata with Chips
Vegetables	Sweet Corn Carrots	Peas Cauliflower	Cabbage Green Beans	Sweet Corn Broccoli	Baked Beans Peas
Dessert	Oaty Pear Crumble and Custard Yoghurt Fresh Fruit	Chocolate Cake with Chocolate Drizzle Yoghurt Fresh Fruit	Apple, Cheese & Crackers Yoghurt Fresh Fruit	Carrot & Courgette Cake Yoghurt Fresh Fruit	Fresh Fruit and Yoghurt Station Orange & Lemon Shortbread

WEEK THREE

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

Option 1	Plant Based Beef Lasagne	Chicken & Sweet Corn Pie with New Potatoes & Gravy	Roast Pork Loin Roast Potatoes and Gravy	Chicken Stir Fry with Rice	Fish in Batter With Chips
Option 2	Vegetarian Bolognese with Rice & Garlic Slice	Vegetable Hotpot	Cheese and Pepper Whirl with Roast Potatoes and Gravy	Wholemeal Pasta Bake	Bean and Lentil Burger with Chips
Vegetables	Sweet Corn Broccoli	Cauliflower Green Beans	Swede Peas	Carrot Sticks Tomato & Onion Salad	Baked Beans Peas
Dessert	Oaty Cookie Yoghurt Fresh Fruit	Banana Sponge and Custard Yoghurt Fresh Fruit	Apple, Cheese & Crackers Yoghurt Fresh Fruit	Chocolate and Orange Brownie Fresh Fruit	Fresh Fruit and Yoghurt Station Iced Bun

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 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.