

St Pauls Junior School Spring Menu 2020 EGG free



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	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 & Sweet Potato Curry with Rice	Vegetarian Sausages, Mashed Potato and Gravy	Vegetable Wellington with Roast Potatoes and Gravy	Macaroni Cheese	Jacket Potato with a choice of fillings (No Mayonnaise)
Vegetables	Roasted Vegetables Green Salad	Cauliflower Broccoli	Carrots Green Beans	Sweet Corn Peas	Baked Beans Peas
Dessert	Yoghurt Fresh Fruit	Yoghurt Fresh Fruit	Apple, Cheese and Crackers Yoghurt Fresh Fruit	Cookie Yoghurt Fresh Fruit	Chocolate Cookie Fresh Fruit and Yoghurt Station

Week Two

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

Option 1	Jacket Potato with a choice of fillings	Sausage Roll with New Potatoes	Roast Gammon Roast Potatoes and Gravy	Mexican Beef Chilli with Rice	Breaded Fish with Chips
Option 2	Chickpea Curry with Rice	Potato and Courgette Layer Bake	Vegetarian Sausage with Roast Potatoes and Gravy	Vegetarian Spaghetti Bolognaise	Jacket Potato with a choice of fillings (No Mayonnaise)
Vegetables	Sweet Corn Carrots	Peas Cauliflower	Cabbage Green Beans	Sweet Corn Broccoli	Baked Beans Peas
Dessert	Yoghurt Fresh Fruit	Yoghurt Fresh Fruit	Apple, Cheese and Crackers Yoghurt Fresh Fruit	Yoghurt Fresh Fruit	Orange and Lemon Shortbread Fresh Fruit and Yoghurt Station

Week Three

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

Option 1	Plant Based Vegetable Lasagne	Chicken & Sweet Corn Pie with New Potatoes and Gravy	Roast Pork, Roast Potatoes and Gravy	Chicken Stir Fry With Rice	Fish in Batter With Chips
Option 2	Vegetarian Bolognaise With Rice	Vegetable Hotpot	Quorn Roast Fillet with Roast Potatoes	Wholemeal Pasta Bake	Bean and Lentil Burger with Chips
Vegetables	Sweet Corn Broccoli	Cauliflower and Green Beans	Swede Peas	Carrot Sticks Tomato & Onion Salad	Baked Beans Peas
Dessert	Oaty Cookie Yoghurt Fresh Fruit	Yoghurt Fresh Fruit	Apple, Cheese and Crackers Yoghurt Fresh Fruit	Yoghurt Fresh Fruit	Fresh Fruit and Yoghurt Station

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.