St. Joseph's Catholic Primary School

"Walking with Jesus to be the best we can be"

MONTH

Week 1 - Yellow
Week 2 - Blue
Week 3 - Green
School Holiday
Public Holiday

Carpool Made

SchoolMenus
Spring Term 2018



JANUARY					
M	1	8	15	22	29
Tu	2	9	16	23	30
W	3	10	17	24	31
Th	4	11	18	25	
F	5	12	19	26	

FEBRUARY					
M		5	12	19	26
Tu		6	13	20	27
W		7	14	21	28
Th	1	8	15	22	
F	2	9	16	23	

MARCH					
M		5	12	19	26
Tu		6	13	20	27
W		7	14	21	28
Th	1	8	15	22	29
F	2	9	16	23	

WEEK 1 WEEK 1 WEEK 1 WEEK 1 WEEK 1

Recipes	Monday	Allergen	Tuesday	Allergen	Wednesday	Allergen	Thursday	Allergen	Friday	Allergen
Main:	Homemade cheese & pepperoni pizza	2, 7	Homemade sausage pie	2	Fish cake	2, 4, 5, 7	Roast chicken	1, 2, 7, 13	Beefburger	2,
Vegetarian:	Homemade cheese & tomato pizza	2, 7	Pasta quorn salsa	2, 4	Quorn sausage	2, 4	Lentil bake		Cheese wheel	2, 7
Jacket Potato option:	Jacket potato with beans		Jacket potato with tuna mayo	4, 5	Not available		Jacket potato with cheese	4, 7	Jacket potato with chicken mayo	4
Vegetables:	Peas / sweetcorn		Spaghetti hoops		Cucumber sticks & tomatoes		Fresh cabbage & carrots		Beans	
Starch:	Pizza base		Potato wedges	2	Chips		Roast potatoes		Baps	2
Bread:	Wholemeal slice	2	Wholemeal slice	2	Wholemeal slice	2	Wholemeal slice	2	Wholemeal slice	2
Salad bar:	Available		Available		Not available		Not available		Available	
Dessert option 1:	Homemade cocoa crispie	7	Apple sponge & cream	2, 4, 7	Homemade flapjack	2	Homemade Eton Mess (meringue, fruit & cream)	4, 7	Custard biscuit & milkshake	2, 7
Dessert option 2:	Organic yoghurt or fruit salad	7	Organic yoghurt or whole fruit	7	Organic yoghurt or fruit salad	7	Organic yoghurt or fruit salad	7	Organic yoghurt or whole fruit	7

WEEK 2 WEEK 2 WEEK 2 WEEK 2 WEEK 2

Recipes	Monday	Allergen	Tuesday	Allergen	Wednesday	Allergen	Thursday	Allergen	Friday	Allergen
Main:	Sausages with gravy	1, 2, 7, 13	Hog roast rolls (pork, stuffing, apple sauce)	2	Chicken nuggets	1, 2, 4, 7, 13	Roast turkey	1, 2, 7, 13	Macaroni cheese with organic pasta	2, 4, 7
Vegetarian:	Homemade baked bubble & squeak		Tomato pasta bake		Vegetarian nuggets	2, 4, 7	Roast quorn chicken	4	Baked omelette	4, 7
Jacket Potato option:	Jacket potato with curry sauce		Jacket potato with cheese & beans		Not Available		Jacket potato with tuna mayo	4, 5	Jacket potato with ham & coleslaw	4
Vegetables:	Peas		Sweetcorn		Salad sticks		Fresh cauliflower & broccoli		Fresh carrots & sweetcorn	
Starch:	Mashed potato		Organic pasta	2	Chips		Crispy roast potatoes		Organic pasta	2
Bread:	Wholemeal slice	2	Wholemeal slice	2	Wholemeal slice	2	Wholemeal slice	2	Crusty bread	2
Salad bar:	Available		Available		Not Available		Not available		Available	
Dessert option 1:	Homemade ginger cake & custard	2, 4, 7	Homemade oat cookies	2, 4, 7	Homemade wholemeal fruit shortbread	2	Pancakes with fruit & yoghurt	2, 4, 7	Homemade pear flapjack	2, 4
Dessert option 2:	Organic yoghurt or whole fruit	7	Organic yoghurt or fruit salad	7	Organic yoghurt or whole fruit	7	Organic yoghurt	7	Organic yoghurt or fruit salad	7

WEEK 3 WEEK 3 WEEK 3 WEEK 3 WEEK 3

Recipes	Monday	Allergen	Tuesday	Allergen	Wednesday	Allergen	Thursday	Allergen	Friday	Allergen
Main:	Chicken burger	2, 7	Homemade lasagne	2, 7	Sausage	2, 3	Roast gammon with apple sauce & gravy	1, 2, 7, 13	Meatballs in gravy with pasta	1,2,7,13
Vegetarian:	Homemade tomato tumble with wholemeal scone	2, 7	Vegetable burger in a bun	2	Vegetarian sausage	2	Homemade wholemeal vegetable crumble	2, 7	Homemade wholemeal vegetable tart	2, 4
Jacket Potato option:	Jacket potato with cheese	7	Jacket potato with ham & coleslaw	4	Not Available		Jacket potato with chicken mayonnaise	4	Jacket potato with egg mayonnaise	4
Vegetables:	Vegetable mix		Peas & sweetcorn		Carrot & cucumber sticks		Fresh broccoli & sweetcorn		Sugar snap peas	
Starch:	Wholemeal scone		Pasta / bun	2	Chips		Roast potatoes		Pastry / pasta	2
Bread:	Wholemeal slice	2	Crusty bread	2	Wholemeal slice	2	Wholemeal slice	2	Wholemeal slice	2
Salad bar:	Available		Available		Not Available		Not available		Available	
Dessert option 1:	Homemade muesli crunch	2	Homemade apple muffins	2, 7	Homemade chocolate brownies	2, 4, 7	Ice cream & homemade fruit sauce	7	Homemade organic banana cake with cream	2, 7
Dessert option 2:	Organic yoghurt or melon slice	7	Organic yoghurt or whole fruit	7	Organic yoghurt or whole fruit	7	Organic yoghurt or homemade fruit salad	7	Organic yoghurt or whole fruit	7

Allergenic ingredients key

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur dioxide