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

SCHOOL MENUS
Autumn Term 2019



SEPTEMBER					
M	2	9	16	23	30
Tu	3	10	17	24	
W	4	11	18	25	
Th	5	12	19	26	
F	6	13	20	27	

OCTOBER					
M		7	14	21	28
Tu	1	8	15	22	29
W	2	9	16	23	30
Th	3	10	17	24	31
F	4	11	18	25	

NOVEMBER					
M		4	11	18	25
Tu		5	12	19	26
W		6	13	20	27
Th		7	14	21	28
F	1	8	15	22	29

DECEMBER				
M	2	9	16	23
Tu	3	10	17	24
W	4	11	18	25
Th	5	12	19	26
F	6	13	20	27

WEEK 1 WEEK 1 WEEK 1 WEEK 1 WEEK 1

Recipes	Monday	Allergen	Tuesday	Allergen	Wednesday	Allergen	Thursday	Allergen	Friday	Allergen
Main:	Wholemeal pasta with homemade bolognaise sauce	2, 7	Homemade pepperoni pizza	2, 7	Salmon fish cake & chips	2, 4, 5, 7	Roasted west country sausages & gravy with roast potatoes	1,2,7,13	Sweet & sour chicken served with brown/white rice	2, 7
Vegetarian:	Vegan burger served in a warm bap	2	Homemade cheese & tomato pizza	2, 7	Homemade red pepper & sweetcorn quiche & chips	2, 4, 7	Roasted vegetarian sausage & gravy with roast potatoes	2, 7, 13	Tomato tumble	2, 7
Jacket:	Jacket potato with tuna mayo	4, 5	Jacket potato with chicken mayo	4	Jacket potato with curried beans (v)		Oven roasted jacket potato with cheese (v)	7	Oven roasted jacket potato with baked beans (v)	
Vegetables:	Peas		Sweetcorn / peas		Vegetable sticks		Fresh carrots, broccoli & cauliflower		Diced fresh carrots	
Bread:	Wholemeal slice	2	Wholemeal slice	2	Wholemeal slice	2	Wholemeal slice	2	Sliced bread	2
Salad bar:	Available		Pasta salad	2	Not available		Not available		Available	
Dessert option 1:	Homemade pear & cocoa sponge & cream	2, 4, 7	Ginger cake & milkshake	2, 4, 7	Homemade marbled shortcake	2	Scotch pancakes with homemade berry & apple sauce	2, 7	Mini fruit muffins	2, 4, 7
Dessert option 2:	Organic yoghurt or fruit salad	7	Organic yoghurt or whole fruit	7	Thick & creamy yoghurt or whole fruit	7	Thick & creamy yoghurt or fruit salad	7	Organic yoghurt or fruit salad	7

WEEK 2 WEEK 2 WEEK 2 WEEK 2 WEEK 2

Recipes	Monday	Allergen	Tuesday	Allergen	Wednesday	Allergen	Thursday	Allergen	Friday	Allergen
Main:	Creamy macaroni cheese (v)	1, 2, 4, 7	Sausage pie & mash	2	Chicken nuggets & chips	2, 4, 7	Roast gammon, apple sauce, roast potatoes, stuffing & gravy	1,2,7,13	Meatballs in a gravy served with brown/white rice	1,2, 7, 13
Vegetarian:	Vegetarian hot dog	2	Cheese wheels	7	Vegetable fingers & chips	2, 4, 7	Roasted vegetarian plait	1,2,4,7,13	Veggie chilli, rice & crusty slice	2
Jacket:	Jacket potato with tuna mayo & cucumber	4, 5	Jacket potato with ham & coleslaw	4	Jacket potato with mexican filling (mild vegetable chilli) (v)	4	Jacket potato with chicken mayo	4	Jacket potato with cheese & beans (v)	7
Vegetables:	Carrots, peas & sweetcorn		Beans		Vegetable sticks		Mixed carrots, peas & broccoli		Sweetcorn	
Bread:	Wholemeal slice	2	Wholemeal slice	2	Wholemeal slice	2	Wholemeal slice	2	Crusty slice	2
Salad bar:	Available		Available		Not available		Not available		Available	
Dessert option 1:	Apple & blackberry crumble & frozen yoghurt	2, 7	Lemon steamed sponge & custard	2, 4, 7	Custard biscuit	2	Ice cream & fruit cocktail	7	Berry flapjack	2, 4 , 7
Dessert option 2:	Organic yoghurt or fruit salad	7	Thick & creamy yoghurt or whole fruit	7	Organic yoghurt or whole fruit	7	Thick & creamy yoghurt or fruit salad	7	Organic yoghurt or piece of fruit	7

WEEK 3 WEEK 3 WEEK 3 WEEK 3 WEEK 3

Recipes	Monday	Allergen	Tuesday	Allergen	Wednesday	Allergen	Thursday	Allergen	Friday	Allergen
Main:	Turkey pie & wedges	2, 4, 7	Homemade beef lasagne	2, 7	Sausage & chips	2	Roast chicken, stuffing, roast potatoes & gravy	1, 2, 7, 13	Wrap day: wrap with tuna mayo, chicken mayo or cheese	2, 4, 5, 7
Vegetarian:	Veggie fingers & wedges	2	Vegetable crumble	2, 7	Cheese bites & chips	2, 7	Quorn chicken breast, roast potatoes & gravy	2, 4, 7, 13	Tomato & vegetable pasta bake	2
Jacket:	Jacket potato with cheese (v)	7	Jacket potato with tuna mayo	4, 5	Jacket potato with cheese & beans (v)	7	Jacket potato with egg mayo (v)	2, 4	Jacket potato with beans (v)	
Vegetables:	Spaghetti hoops or sweetcorn	2	Carrots & peas		Salad sticks		Green beans, carrots, cauliflower		Peas & sweetcorn	
Bread:	Wholemeal slice	2	Crusty slice	2	Wholemeal slice	2	Wholemeal slice	2	Wholemeal slice	2
Salad bar:	Available		Available		Not available		Not available		Available	
Dessert option 1:	Homemade lemon or jam drizzle cake & milkshake	2, 4, 7	Mini muffins	2, 4, 7	Peach flapjack	2	Meringue nests & fruit	2, 4, 7	Cocoa krispie cake	7
Dessert option 2:	Organic yoghurt or fruit salad	7	Thick & creamy yoghurt or orange & apple slices	7	Organic yoghurt or whole fruit	7	Thick & creamy yoghurt or fruit	7	Organic yoghurt or piece of 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