

St. Paul's with St. Michael's Spring/Summer 2019 – Week 1

Option 1

Moroccan Chicken served with Roasted Vegetable Cous Cous

Option 2

Chickpea & Aubergine Tagine served with Roasted Vegetable Cous Cous

Dessert

Freshly Cut Fruit or Organic Fruit Yoghurt

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Moroccan Chicken served with Roasted Vegetable Cous Cous	Savoury Mince filled Yorkshire Puddings served with Minted New Potatoes, Garden Peas & Sweetcorn	Roast Chicken Thigh served with Stuffing, Roast Potatoes, Broccoli, Carrots & Gravy	Tuna & Tomato Pasta Bake served with Homemade Garlic Bread & Mixed Green Salad	MSC Battered Cod Fillet with a Lemon Slice, Oven Chips & Baked Beans (Tartare Sauce available)
Option 2	Chickpea & Aubergine Tagine served with Roasted Vegetable Cous Cous	Savoury Quorn Mince filled Yorkshire Puddings served with Minted New Potatoes, Garden Peas & Sweetcorn	Roasted Vegetable & Lentil Wellington served with Roast Potatoes, Broccoli, Carrots & Gravy	Cheese & Tomato Pasta Bake served with Homemade Garlic Bread & Mixed Green Salad	Roasted Vegetable & Mixed Bean Wholemeal Enchiladas served with Oven Chips & Baked Beans
Dessert	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Chocolate Brownie	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Apple Crumble & Custard	Freshly Cut Fruit or Organic Fruit Yoghurt or Frozen Yoghurt

Week commencing - 29th April, 20th May, 17th June, 8th July, 2nd September, 23rd September & 14th October

All of our meat is Farm Assured and is locally sourced. Our fish is Marine Stewardship Council approved.

Available Daily ...
Jacket Potato with filling
Wholemeal bread
Choice of salads
Water



This QR code can be read by any barcode scanner app on your smart phone to access the allergen and nutritional data. Or visit <http://j.mp/2TCCVmI>

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St. Paul's with St. Michael's Spring/Summer 2019 – Week 2

Option 1

Salmon & Potato Puff served with Minted New Potatoes & Roasted Seasonal Vegetables

Chicken Jalfrezi served with Turmeric Rice, Minted Yoghurt, Roasted Cauliflower & Peas

Roast Topside of Beef with Yorkshire Pudding, Roast Potatoes, Carrots, Cabbage & Gravy

Chicken Tagliatelle served with Homemade Garlic Bread, Broccoli & Sweetcorn

Ashlyns Beef Burger served with Oven Chips and Baked Beans (no roll)

Option 2

Cheese & Tomato Wholemeal Flan served with Minted New Potatoes & Roasted Seasonal Vegetables

Sweet Potato & Lentil Korma served with Turmeric Rice, Roasted Cauliflower & Peas

Cheese & Potato Whirl served with a few Roast Potatoes, Carrots, Cabbage & Gravy

Mushroom & Cannelloni Bean Tagliatelle served with Homemade Garlic Bread, Broccoli & Sweetcorn

Quorn Burger served with Oven Chips and Baked Beans (no roll)

Dessert

Freshly Cut Fruit or Organic Fruit Yoghurt

Freshly Cut Fruit or Organic Fruit Yoghurt or Pineapple Upside Down Cake

Freshly Cut Fruit or Organic Fruit Yoghurt

Freshly Cut Fruit or Organic Fruit Yoghurt or Shortbread Biscuit

Freshly Cut Fruit or Organic Fruit Yoghurt or Jelly & Ice Cream

Week commencing - 6th May, 3rd June, 24th June, 15th July, 9th September & 30th September

All of our meat is Farm Assured and is locally sourced. Our fish is Marine Stewardship Council approved.

Available Daily ...
Jacket Potato with filling
Wholemeal bread
Choice of salads
Water



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St. Paul's with St. Michael's Spring/Summer 2019 – Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Chicken Jollof Rice served with Peas & Carrots	Beef Pepperoni Pizza served with Pasta Salad & Coleslaw	BBQ Chicken Thigh served with Basmati Rice, Cauliflower & Broccoli	Homemade Beef or Chicken Puff Pastry Sausage Roll served with New Potatoes & Baked Beans	MSC Cod Fish Fingers served with Oven Chips, Sweetcorn and a Lemon Wedge
Option 2	Roasted Vegetable & Mixed Bean Ratatouille served with Braised Rice, Peas & Carrots	Cheese & Tomato Pizza served with Pasta Salad & Coleslaw	Chickpea & Vegetable Curry served with Basmati Rice, Cauliflower & Broccoli	Homemade Puff Pastry Quorn Sausage Roll served with New Potatoes & Baked Beans	Mixed Bean Wrap served with Oven Chips and Sweetcorn
Dessert	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Iced Lemon Sponge	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Chocolate Krispies	Freshly Cut Fruit or Organic Fruit Yoghurt or Frozen Yoghurt

Week commencing - 13th May, 10th June, 1st July, 22nd July, 16th September & 7th October

All of our meat is Farm Assured and is locally sourced. Our fish is Marine Stewardship Council approved.

Available Daily ...
Jacket Potato with filling
Wholemeal bread
Choice of salads
Water



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