



## Redcourt - St Anselm's Dining Room Menu

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Meat / Fish / Dairy main course	Bolognaise sauce made with lean minced beef, fresh vegetables and tinned plum tomatoes.	Pork Sausage (78% meat)	Homemade chilli mince made with lean minced beef	Homemade chicken and vegetable pie	Baked jacket potato
Starchy food	Pasta twists	oven baked thin and crispy chips	Vegetable rice Homemade Garlic bread	Creamy mashed potato	Potato
Vegetables	Carrots, onions and tinned tomatoes	Spaghetti in tomato sauce Crunchy carrot and cucumber sticks	Peas and sweet corn	Mixed vegetables	Baked beans in tomato sauce and cheese
Desserts	Chocolate Sponge cake and Custard	Homemade Shortbread	Fruit jelly and ice cream	Yoghurt, Honey and a wide variety of Fresh Fruit	Rocky Road cake
Extra Desserts	Fresh fruit / yoghurt and honey / cheese and crackers are available daily				
Drinks	Fresh orange / apple juice and water				

- Please let Mrs Morris know if your child has any special dietary requirements
- The Menu is a guide and on occasion we may try out new menu options



## Redcourt - St Anselm's Dining Room Menu

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Meat / Fish / Dairy main course	Breaded chicken burger	Hot pot pie made with lean minced lamb, fresh vegetables and crispy sliced potatoes	Homemade Chicken Curry (made with Pataks curry paste and Creme fraiche)	Homemade chilli mince made with lean minced beef	Cheese and tomato pizza
Starchy food	Oven baked thin and crispy chips Spaghetti in tomato sauce	Potatoes	Boiled Rice	Potato wedges, Tortilla chips	Homemade garlic bread
Vegetables	Crunch carrot and cucumber sticks	Broccoli	Peas and Sweet Corn	Side order of sweet corn	Baked beans in tomato sauce
Desserts	Jam Sponge with custard	Choc ice	Homemade chewy flapjack	Yoghurt, Honey and a wide variety of Fresh Fruit	Iced Fairy Cake
Extra Desserts	Fresh fruit / yoghurt and honey / cheese and crackers are available daily				
Drinks	Fresh orange/apple juice and water				

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WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Meat / Fish / Dairy main course	Bolognaise sauce made with lean minced beef, fresh vegetables and tinned plum tomatoes.	Homemade chicken and vegetable soup	Homemade chicken and vegetable casserole	Pork Sausage Casserole (78% meat)	Fish Fingers
Starchy food	Pasta twists	Sandwiches made with wholemeal bread filled with Yorkshire ham, cheddar cheese or tuna and mayonnaise	Homemade crispy roast potato	Creamy mashed potatoes	Oven baked thin and crispy chips Spaghetti Hoops
Vegetables	Carrots, onions and tinned tomatoes Cucumbers and peppers	Crunchy carrot and cucumber sticks	Mixed vegetables	Mixed fresh vegetables	Crunchy carrot and cucumber sticks
Desserts	Chocolate cake and custard	Raspberry Mousse	Melting Moment	Yoghurt, Honey and a wide variety of Fresh Fruit	Chocolate cake with chocolate frosting
Extra Desserts	Fresh fruit / yoghurt and honey / cheese and crackers are available daily				
Drinks	Fresh orange/apple juice and water				

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