

Lunch Menu Autumn Winter 2020/21

Week One

W/C: 28/9, 12/10, 26/10, 9/11, 23/11, 7/12

Meat Free Monday

- ✓ Green Pesto Pasta
- Garlic Bread & Carrots
- ✓ Baked Potato with Cheese and Beans
- Cheese (V) Ham, Tuna Mayo or Egg Mayo (served on wholemeal bread)
- Vg Fresh Water Melon

Tuesday

- * Pork Sausage
- Vg Vegetable Sausage
- ✓ Soft flour Bun, Tomato Ketchup & Peas
- ✓ Baked Potato with Cheese and Beans
- White soft flour roll
- Cheese (V) Ham, Tuna Mayo or Egg Mayo
- Vg Strawberry Jelly
- ✓ Fresh Fruit / Yoghurt

Roast Dinner Wednesday

- (GF) Roast Chicken Fillet
- Vg Roasted Vegetable Nuggets
- Vg (GF) Roast Potatoes, Mixed Vegetable
- ✓ Baked Potato with Cheese and Beans
- Turkey, Cheese, Tuna Mayo or Egg Mayo (served on wholemeal bread)
- Fresh Fruit Selection / Yoghurt

Thursday

- Italian Beef Meatballs in Tomato sauce
- Vg (GF) Rice
- ✓ Baked Potato with Cheese and Beans
- White soft flour roll
- Cheese (V) Ham, Tuna Mayo or Egg Mayo
- ✓ Cheese & Biscuits
- Fresh fruit / Fruit Yoghurt

Fish Friday

- * Breaded White fish
- Vg Vegetable Samosa
- Vg (GF) Oven Chips & Peas
- ✓ Baked Potato with Cheese and Beans
- (V) Cheese, Tuna Mayo or (V) Egg Mayo (served on wholemeal bread)
- ✓ Vanilla Choc Chip Muffin
- Fresh fruit / Fruit Yoghurt

- Vg Vegan, V Vegetarian, (GF) Gluten free
- * Gluten Free Available

Week Two

W/C: 21/9, 5/10, 19/10, 2/11, 16/11, 30/11, 14/12,

Meat Free Monday

- ✓ Cheese & Tomato Pizza
- Sweetcorn
- ✓ Baked Potato with Cheese and Beans
- (V) Cheese, Ham, Tuna Mayo or (V) Egg Mayo (served on wholemeal bread)
- Vg Mango & Pineapple

Tuesday

- * Beef Burger or Vegetable Burger
- Soft Flour Bun, Ketchup & Sweetcorn
- ✓ Baked Potato with Cheese and Beans
- White soft flour roll
- (V) Cheese, Ham, Tuna Mayo or (V) Egg Mayo
- ✓ Mini Ring Doughnuts
- Fresh fruit / Fruit Yoghurt

Roast Dinner Wednesday

- (GF) Roast Chicken Fillet
- Vg Roasted Vegetable Nuggets
- Vg (GF) Roast Potatoes, Mixed Vegetables
- ✓ Baked Potato with Cheese and Beans
- (V) Cheese, Turkey, Tuna Mayo or (V) Egg Mayo (served on wholemeal bread)
- Fresh Fruit Selection / Yoghurt

Thursday

- Chicken & Vegetable Korma
- Vg Vegetable Korma
- Rice & Chapatti
- ✓ Baked Potato with Cheese and Beans
- White soft flour roll
- (V) Cheese, Ham, Tuna Mayo or (V) Egg Mayo
- ✓ Oreo Cookie Bar
- Fresh fruit / Fruit Yoghurt

Fish Friday

- * Breaded Fish Cake
- Vg Breaded Vegetable Cake
- Vg (GF) Oven Chips & Baked Beans
- ✓ Baked Potato with Cheese and Beans
- (V) Cheese, Tuna Mayo, or (V) Egg Mayo (served on wholemeal bread)
- ✓ Double Chocolate Muffin
- Fresh Fruit / Fruit Yoghurt

As with all food retailers our suppliers take every care to remove bones from relative products. Fish and meat products may contain bones due to the way the products are manufactured.

What a Year!

Product Availability

This year we have experienced some of the greatest challenges that our industry has seen. Some manufacturers have re-purposed their production lines to produce foods that have been in greater demand, like beans & soups. Some wholesalers have reduced stock lines that have a shorter shelf life, like yoghurts & fresh produce to ensure they are not left with products past their use-by date. This has had an impact on all school meal business and has affected our daily ordering leading to adjustments to menus.

We pride ourselves here at St. Joseph's to be able to react quickly to changes that are out of our control, ensuring the impact on our menu is as minimal as possible.

Sustainably Sourced

Our fish is all sustainably sourced. The Chicken we use is welfare assured and only comes from farms in East Anglia.

FOOD MILES & SUPPLIERS

Our Greengrocer is less than a mile from our kitchen. Our Butcher is based in the Thames Valley. Our beef is sourced from farms in the South of England and our pork comes from the Windsor estate.

BRONZE AWARD WINNERS!

We are proud to be working with the Soil Association and their Food For Life Campaign.

This ensures all children are fed a freshly cooked seasonal and sustainable meal on a daily basis.

