

**ALLERGY INFORMATION:** If your child has an allergy or intolerance please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child.

St Paul's CE Junior  
Summer  
Menu 2019



		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	<b>Main</b>	Chicken and Bean Fajitas with Rice 50/50 plant based recipe	Pork Sausages with Baked Potato Wedges and Gravy	Roast Turkey with Roasted New Potatoes & Gravy	Beef Spaghetti Bolognese with a slice of Garlic Bread 50/50 plant based recipe	Salmon Fish Finger/Fish Fingers, Chips and Tomato Sauce
	<b>Vegetarian</b>	Mixed Bean Cassoulet with Rice	Glamorgan Bean & Leek Sausage with Baked Potato Wedges & Gravy	Creamy Vegetable Pie with Roast Potatoes & Gravy	Wholemeal Pasta Neapolitan with Spinach	Cheese and Pepper Whirl with Chips
	<b>Side</b>	Grated Carrot Salad Cauliflower	Sweet Corn Green Beans	Sliced Carrots Broccoli	Carrots Garden Peas	Baked Beans Garden Peas
	<b>Dessert</b>	Iced Sponge Yoghurt Fresh Fruit Salad	Chocolate and Beetroot Brownie Yoghurt Fresh Fruit Salad	Ice Cream & Fruits of the Forest Yoghurt Fresh Fruit Platter	Sticky Toffee Apple Crumble with Custard Yoghurt Fresh Fruit Platter	Chocolate Cocoa Cookie Fruit and Yoghurt Station
<b>Week 2</b>	<b>Main</b>	Beef Burger in a Bun with Baked Jacket Wedges	BBQ Chicken with 50/50 Rice	Roast Pork with Roast Potatoes & Gravy	Beef Lasagne with Garlic Bread 50/50 plant based recipe	MSC Breaded Fish Chips, Tomato Sauce
	<b>Vegetarian</b>	Spicy Bean Burger in a Bun with Baked Jacket Wedges	Macaroni Cheese	Lentil and Basil Puff Pastry Turnover with Roast Potatoes	Vegetarian Fajitas with 50/50 Rice	Vegetable Pasty with Chips
	<b>Side</b>	Crunchy Carrot Sticks Peas	Green Beans Coleslaw	Sliced Carrots Cauliflower	Broccoli Sweet Corn	Baked Beans Garden Peas
	<b>Dessert</b>	Chocolate & Banana Square Yoghurt Fresh Fruit Salad	Lemon Drizzle Cake Yoghurt Fresh Fruit Platter	Apple Flapjack Yoghurt Fresh Fruit Salad	Peach Upside Down Cake with Custard Yoghurt Fresh Fruit Platter	Cinnamon Cookie Fruit and Yoghurt Station
<b>Week 3</b>	<b>Main</b>	Chicken Tikka Masala with Rice & Curry Bread 50/50 plant based recipe	Beef Meatballs with Mashed Potatoes and Gravy	Roast Chicken & Stuffing with Roast Potatoes & Gravy	Wholemeal Beef and Red Pepper Pizza with New Potatoes	Battered Fish, Chips, Tomato Sauce
	<b>Vegetarian</b>	Wholemeal Cheese & Tomato Pizza with New Potatoes	Courgette & Potato Layer Bake	Vegetable Wellington with Roast Potatoes & Gravy	Sweet Potato & Lentil Curry served with Rice with curry bread	Red Pepper and Cheese Frittata with Chips
	<b>Side</b>	Tomato & Onion Salad Diced Cucumber	Sliced Carrots Green Beans	Broccoli and Cauliflower	Sweet Corn Tomato Salad	Garden Peas Baked Beans
	<b>Dessert</b>	Apple Pie with Custard Yoghurt Fresh Fruit Platter	Vanilla Shortbread Yoghurt Fresh Fruit Platter	Sliced Cheese, Apple and Biscuits Yoghurt Fresh Fruit Salad	Mixed Fruit Crumble with Custard Yoghurt Fresh Fruit Salad	Carrot & Sultana Cake Fruit and Yoghurt Station



Available Daily  
Freshly cooked jacket potatoes with a choice of fillings (where advertised)  
Bread freshly baked on site daily  
Daily salad selection

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St Paul's CE Junior Egg  
Free Silver Menu 2019

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feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b> 22-Apr 13-May 10-Jun 1-Jul 22-Jul	<b>Main</b>	Chicken and Bean Fajitas With Rice	<b>Pork Sausages</b> with Baked Potato Wedges and Gravy (Check sausages )	Roast Turkey with Roasted New Potatoes & Gravy	Beef Spaghetti Bolognaise	Salmon Fish Finger / Fish Fingers, Chips and Tomato Sauce
	<b>Vegetarian</b>	Mixed Bean Cassoulet With Rice		Creamy Vegetable Pie with Roast Potatoes & Gravy	Wholemeal Pasta Neapolitan with Spinach	Cheese and Pepper Whirl with Chips
	<b>Side</b>	Grated Carrot Salad Cauliflower	Sweet Corn Green Beans	Sliced Carrots Broccoli	Carrots Garden Peas	Baked Beans Garden Peas
	<b>Dessert</b>	Yoghurt Fresh Fruit Salad	Yoghurt Fresh Fruit Salad	Ice Cream & Fruits of the Forest Yoghurt Fresh Fruit Platter	Sticky Toffee Apple Crumble with Custard Yoghurt Fresh Fruit Platter	Chocolate Cocoa Cookie Fruit and Yoghurt Station
<b>Week 2</b> 29-Apr 20-May 17-Jun 8-Jul	<b>Main</b>	Beef Burger with Baked Jacket Wedges	BBQ Chicken with 50/50 Rice	Roast Pork with Roasted Potatoes & Gravy	Beef Lasagne	MSC Breaded Fish Chips, Tomato Sauce
	<b>Vegetarian</b>	Spicy Bean Burger in a Bun with Baked Jacket Wedges	Macaroni Cheese	Lentil and Basil Puff Pastry Turnover With Roast Potatoes	Vegetarian Fajitas With 50/50 Rice	Vegetable Pasty with Chips
	<b>Side</b>	Crunchy Carrot Sticks Peas	Green Beans	Sliced Carrots Cauliflower	Broccoli Sweet Corn	Baked Beans Garden Peas
	<b>Dessert</b>	Chocolate and Banana Square Yoghurt Fresh Fruit Salad	Yoghurt Fresh Fruit Platter	Apple Flapjack Yoghurt Fresh Fruit Salad	Yoghurt Fresh Fruit Platter	Cinnamon Cookie Fruit and Yoghurt Station
<b>Week 3</b> 6-May 3-Jun 24-Jun 15-Jul	<b>Main</b>	Chicken Tikka Masala With Rice	<b>Beef Meatballs</b> with Mashed Potatoes and Gravy (Check Ingredients)	Roast Chicken & Stuffing with Roast Potatoes & Gravy	French Bread Pizza	Battered Fish, Chips, Tomato Sauce
	<b>Vegetarian</b>	Vegetable Curry With Rice	Courgette & Potato Layer Bake	Vegetable Wellington with Roast Potatoes & Gravy	Sweet Potato & Lentil Curry served with Rice with a Curry bread	
	<b>Side</b>	Tomato & Onion Salad Diced Cucumber	Sliced Carrots Green Beans	Broccoli and Cauliflower	Sweet Corn Tomato Salad	Garden Peas Baked Beans
	<b>Dessert</b>	Apple Pie with Custard Yoghurt Fresh Fruit Platter	Vanilla Shortbread Yoghurt Fresh Fruit Platter	Sliced Cheese, Apple and Biscuits Yoghurt Fresh Fruit Salad	Mixed Fruit Crumble with Custard Yoghurt Fresh Fruit Salad	Fruit and Yoghurt Station

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St Paul's CE Junior  
Milk Free Menu  
2019



		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b> 22-Apr 13-May 10-Jun 1-Jul 22-Jul	<b>Main</b>	Chicken and Bean Fajitas With Rice	Pork Sausages with Baked Potato Wedges and Gravy	Roast Turkey with Roasted New Potatoes & Gravy	Beef Spaghetti Bolognaise	Salmon Fish Finger / Fish Fingers, Chips and Tomato Sauce
	<b>Vegetarian</b>	Mixed Bean Cassoulet With Rice	Glamorgan Bean & Leek Sausage with Baked Potato Wedges and Gravy		Pasta Neapolitan with Spinach (No Cheese )	
	<b>Side</b>	Grated Carrot Salad Cauliflower	Sweet Corn Green Beans	Sliced Carrots Broccoli	Carrots Garden Peas	Baked Beans Garden Peas
	<b>Dessert</b>	Eves Pudding Fresh Fruit Salad	Chocolate and Beetroot Brownie Fresh Fruit Salad	Fresh Fruit Platter	Sticky Toffee Apple Crumble Fresh Fruit Platter	Chocolate Cocoa Cookie
<b>Week 2</b> 29-Apr 20-May 17-Jun 8-Jul	<b>Main</b>	<b>Beef Burger</b> with Baked Jacket Wedges ( Check ingredients of Beef Burger )	BBQ Chicken With 50/50 Rice	Roast Pork with Roasted Potatoes & Gravy	Beef Bolognaise With Pasta	MSC Breaded Fish Chips, Tomato Sauce
	<b>Vegetarian</b>	Spicy Bean Burger served with Baked Jacket Wedges		Lentil and Basil Puff Pastry Turnover with Roast Potatoes	Vegetarian Fajitas With 50/50 Rice	Vegetable Pasty With Chips
	<b>Side</b>	Crunchy Carrot Sticks Peas	Green Beans Coleslaw	Sliced Carrots Cauliflower	Broccoli Sweet Corn	Baked Beans Garden Peas
	<b>Dessert</b>	Chocolate and Banana Square Fresh Fruit Salad	Lemon Drizzle Cake Fresh Fruit Platter	Apple Flapjack Fresh Fruit Salad	Peach Upside Down Cake Fresh Fruit Platter	Cinnamon Cookie
<b>Week 3</b> 6-May 3-Jun 24-Jun 15-Jul	<b>Main</b>	Chicken Tikka Masala With Rice	Beef Meatballs with Mashed Potatoes and Gravy	Roast Chicken & Stuffing with Roast Potatoes & Gravy		Battered Fish, Chips, Tomato Sauce
	<b>Vegetarian</b>	Vegetable Curry With Rice		Vegetable Wellington with Roast Potatoes & Gravy	Sweet Potato & Lentil Curry served with Rice	
	<b>Side</b>	Tomato & Onion Salad Diced Cucumber	Sliced Carrots Green Beans	Broccoli and Cauliflower	Sweet Corn Tomato Salad	Garden Peas Baked Beans
	<b>Dessert</b>	Apple Pie Fresh Fruit Platter	Vanilla Shortbread Fresh Fruit Platter	Fresh Fruit Salad	Mixed Fruit Crumble Fresh Fruit Salad	Carrot & Sultana Cake Fruit



Available Daily  
Freshly cooked jacket potatoes with a choice of fillings (where advertised)  
Bread freshly baked on site daily  
Daily salad selection

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St Paul's CE Junior  
NCGI Silver Menu  
2019

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feeding the imagination

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b> 22-Apr 13-May 10-Jun 1-Jul 22-Jul	<b>Main</b>	Chicken and Bean Fajitas with Rice <b>(No Wrap)</b>	<b>NGCI Pork Sausages</b> with Baked Potato Wedges and <b>NGCI Gravy</b>	Roast Turkey with Roasted New Potatoes & <b>NGCI Gravy</b>	Beef Bolognaise with <b>NGCI pasta</b>	<b>NGCI BUBBLE FISH</b> , Chips and Tomato Sauce
	<b>Vegetarian</b>	Mixed Bean Cassoulet with Rice ( <b>Remove cumin from recipe</b> )		<b>NGCI RECIPE Creamy Vegetable Pie</b> with Roast Potatoes & <b>NGCI Gravy</b>	<b>NGCI Pasta Neapolitan</b> with Spinach	
	<b>Side</b>	Grated Carrot Salad Cauliflower	Sweet Corn Green Beans	Sliced Carrots Broccoli	Carrots Garden Peas	Baked Beans Garden Peas
	<b>Dessert</b>	Yoghurt Fresh Fruit Salad	<b>NGCI RECIPE Chocolate Beetroot Brownie</b> Yoghurt Fresh Fruit Salad	Ice Cream & Fruits of the Forest Yoghurt Fresh Fruit Platter	<b>NGCI RECIPE Sticky Toffee Apple Crumble</b> with Custard Yoghurt Fresh Fruit Platter	<b>NGCI RECIPE Chocolate Cocoa Cookie</b> Fruit and Yoghurt Station
<b>Week 2</b> 29-Apr 20-May 17-Jun 8-Jul	<b>Main</b>	Beef Burger with Baked Jacket Wedges		Roast Pork with Roasted Potatoes And <b>NGCI Gravy</b>	Beef Bolognese with <b>NGCI Pasta</b>	<b>NGCI BUBBLE FISH</b> Chips, Tomato Sauce
	<b>Vegetarian</b>	Spicy Bean Burger <b>(No bun)</b> with Baked Jacket Wedges	<b>NGCI RECIPE Macaroni Cheese</b>		Vegetarian Fajitas with 50/50 Rice <b>(No Wrap)</b>	
	<b>Side</b>	Crunchy Carrot Sticks Peas	Green Beans Coleslaw	Sliced Carrots Cauliflower	Broccoli Sweet Corn	Baked Beans Garden Peas
	<b>Dessert</b>	Yoghurt Fresh Fruit Salad	<b>NGCI RECIPE Lemon Drizzle Cake</b> Yoghurt Fresh Fruit Platter	Yoghurt Fresh Fruit Salad	<b>NGCI RECIPE Peach Upside Down Cake</b> with Custard Yoghurt Fresh Fruit Platter	<b>NGCI RECIPE Cinnamon Cookie</b> Fruit and Yoghurt Station
<b>Week 3</b> 6-May 3-Jun 24-Jun 15-Jul	<b>Main</b>	Chicken Tikka Masala with Rice	Beef Meatballs with Mashed Potatoes and <b>NGCI Gravy</b>	Roast Chicken with Roast Potatoes & <b>NGCI Gravy</b>	<b>NGCI RECIPE Beef and Red Pepper Pizza</b> with New Potatoes	<b>NGCI BUBBLE FISH</b> , Chips, Tomato Sauce
	<b>Vegetarian</b>	<b>NGCI Recipe Cheese &amp; Tomato Pizza</b> With New Potatoes	<b>NGCI Courgette &amp; Potato Layer Bake</b>		Sweet Potato & Lentil Curry served with Rice	Red Pepper and Cheese Frittata with Chips
	<b>Side</b>	Tomato & Onion Salad Diced Cucumber	Sliced Carrots Green Beans	Broccoli and Cauliflower	Sweet Corn Tomato Salad	Garden Peas Baked Beans
	<b>Dessert</b>	Yoghurt Fresh Fruit Platter	<b>NGCI Vanilla Shortbread</b> Yoghurt Fresh Fruit Platter	Yoghurt Fresh Fruit Salad	<b>NGCI RECIPE Mixed Fruit Crumble</b> with Custard Yoghurt Fresh Fruit Salad	Fruit and Yoghurt Station