

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 Menu Autumn 2019

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		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main	Cheese and Tomato Pizza with New Potatoes	Beef Meatballs in a Tomato Sauce served with 50/50/Rice	Roast Chicken and Stuffing with Roast Potatoes & Gravy	Chicken Arrabiata Pasta with Garlic Bread	MSC Fish Fingers/Salmon Fish Fingers with Chips
02/09/19 23/09/19 14/10/19 11/11/19 02/12/19	Vegetarian	Vegetable Tagine with Couscous	Five Bean Chilli with 50/50 Rice	Mixed Vegetable Loaf with Roast Potatoes and Gravy	Potato & Courgette Layer Bake	Cheese and Onion Quiche with Chips
	Side	Carrot Sticks Cucumber Sticks	Peas Sweet Corn	Carrots Cabbage	Broccoli Sweet Corn	Baked Beans Peas
	Dessert	Orange Drizzle Cake Fresh Fruit Flavoured Yoghurt	Peach Upside Down Cake Fresh Fruit Flavoured Yoghurt	Catherine Wheel Cookie Fresh Fruit Flavoured Yoghurt	Apple, Cheese & Biscuits Fresh Fruit Flavoured Yoghurt	Chocolate & Banana Oaty Square Fresh Fruit Flavoured Yoghurt
Week 2	Main	Macaroni Cheese with Tomato Topping	Beef Cottage Pie with Gravy	Roast Pork Loin with Roasted New Potatoes and Gravy	Pork Sausage in a Hot Dog Roll with Potato Wedges	MSC Breaded Fish with Chips
09/09/19 30/09/19 21/10/19 18/11/19 09/12/19	Vegetarian	Vegetarian Pasty with Potato Wedges	Vegetarian Spaghetti Bolognese	Creamy Vegetable Pie with Roasted New Potatoes and Gravy	Glamorgan Bean & Leek Sausage in a Roll with Potato Wedges	Red Pepper & Cheese Frittata
	Side	Sweet Corn Coleslaw	Peas Carrots	Cabbage Broccoli	Sweet Corn Carrots	Baked Beans Peas
	Dessert	Wholemeal Peach Crumble with Custard Fresh Fruit Flavoured Yoghurt	Chocolate Shortbread Fresh Fruit Flavoured Yoghurt	Apple Flapjack Fresh Fruit Flavoured Yoghurt	Eves Pudding with Custard Fresh Fruit Flavoured Yoghurt	Lemon Shortbread Fresh Fruit Flavoured Yoghurt
Week 3	Main	Vegetable Lasagne with Garlic Bread	Chicken and Gravy Pie with Mashed Potato Topping	Roast Turkey with Roast Potatoes and Gravy	Spaghetti Beef Bolognese with Garlic Bread	MSC Fish in Batter with Chips
16/09/19 07/10/19 04/11/19 25/11/19 16/12/19	Vegetarian	Spicy Bean Burger with New Potatoes	Lentil & Sweet Potato Curry with Rice	Vegetarian Wellington with Roast Potatoes and Gravy	Sweet & Sour Vegetables with Rice	Vegetable Wholemeal Pasta Bake
	Side	Peas Carrots	Roasted Leeks and Peppers	Sweet Corn Broccoli	Tomato and Onion Salad Carrot Salad	Baked Beans Peas
	Dessert	Banana Loaf with Custard Fresh Fruit Flavoured Yoghurt	Rice Pudding With Mixed Berries Fresh Fruit Flavoured Yoghurt	Apple, Cheese & Biscuits Fresh Fruit Flavoured Yoghurt	Chocolate & Mandarin Sponge with Chocolate Sauce Flavoured Yoghurt	Mandarins or Peaches with Ice Cream Fresh Fruit Flavoured Yoghurt

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**NGCI MENU
Autumn 2019**

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		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main	NGCI Cheese and Tomato Pizza with New Potatoes V78	Beef Bolognaise in a Tomato Sauce served with 50/50/Rice	Roast Chicken C4 with Roast Potatoes and NGCI Gravy	Chicken Arrabiata Sauce with NGCI Pasta C41	NGCI Bubble –Coated Fish with Chips
02/09/19 23/09/19 14/10/19 11/11/19 02/12/19	Vegetarian	Vegetable Tagine with Rice V140	NGCI Vegetable Pasta Bake V91	NGCI Creamy Mushroom Bake V71	NGCI Potato Courgette Layer Bake V76	NGCI Spinach & Tomato Quiche with Chips V127
		Carrot Sticks Cucumber Sticks	Peas Sweet Corn	Carrots Cabbage	Broccoli Sweet Corn	Baked Beans Peas
	Dessert	Orange Drizzle Cake D182 Fresh Fruit Flavoured Yoghurt	Peach Upside Down Cake with Custard D176 Fresh Fruit Flavoured Yoghurt	NGCI Vanilla Shortbread D145 Fresh Fruit Flavoured Yoghurt	Apple, Cheese & Biscuits D4 Fresh Fruit Flavoured Yoghurt	Fruit Jelly Fresh Fruit Flavoured Yoghurt
Week 2	Main	NGCI Macaroni Cheese V11	NGCI Beef Cottage Pie with Gravy B38	P10 Roast Pork Loin with Roasted New Potatoes and NGCI Gravy	NGCI Pork Sausages with Potato Wedges P13	NGCI Bubble-Coated Fish with Chips
09/09/19 30/09/19 21/10/19 18/11/19 09/12/19	Vegetarian	n/a	Vegetarian Bolognaise with NGCI Pasta V18	NGCI Creamy Vegetable Pie V111	NGCI Macaroni Cheese V11	Red Pepper and Cheese Frittata V24
		Sweet Corn Coleslaw	Peas Carrots	Cabbage Broccoli	Sweet Corn Carrots	Baked Beans Peas
	Dessert	NGCI Wholemeal Peach Crumble with Custard D113 Fresh Fruit Flavoured Yoghurt	Chocolate Shortbread D80 Fresh Fruit Flavoured Yoghurt	Fruit Jelly Fresh Fruit Flavoured Yoghurt	NGCI Eves Pudding with Custard Fresh Fruit D189 Flavoured Yoghurt	Lemon Shortbread Fresh Fruit Flavoured Yoghurt
Week 3	Main	See Cook	Chicken Breast served with Mashed Potato NGCI GRAVY	T1 Roast Turkey with Roast Potatoes and NGCI Gravy	Beef Bolognaise B2 With NGCI Pasta	NGCI Bubble-Coated Fish with Chips
16/09/19 07/10/19 04/11/19 25/11/19 16/12/19	Vegetarian	NGCI Spicy Bean Pattie V132 With New Potatoes	Lentil and Sweet Potato Curry with Rice V108	NGCI Vegetable & leek with Mashed Potato topping and NGCI Gravy V12	Sweet & Sour Vegetables with Rice V69	Vegetable Wholemeal Pasta Bake V73
		Peas Carrots	Roasted Leeks and Peppers	Sweet Corn Broccoli	Tomato and Onion Salad Carrot Salad	Baked Beans Peas
	Dessert	NGCI Banana Loaf with Custard Fresh Fruit Flavoured Yoghurt	Rice Pudding with Mixed Berries D31 Fresh Fruit Flavoured Yoghurt	NGCI Vanilla Shortbread D145 Fresh Fruit Flavoured Yoghurt	NGCI Chocolate Sponge D163 Fresh Fruit Flavoured Yoghurt	Mandarins or Peaches with Ice Cream D13/D166/D167 Fresh Fruit

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EGG FREE Menu Autumn 2019

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		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main	Wholemeal French Bread Pizza with New Potatoes V115	Beef Meatballs in a Tomato Sauce served with 50/50/Rice V1	Roast Chicken and Stuffing C4 with Roast Potatoes and Gravy	Chicken Arrabiata Pasta with Garlic Bread C41	MSC Fishfingers/Salmon Fishfingers with Chips F6
02/09/19 23/09/19 14/10/19 11/11/19 02/12/19	Vegetarian	Vegetable Tagine with Couscous V140	Five Bean Chilli with 50/50 Rice V138	NGCI Creamy Mushroom Bake V71	Potato & Courgette Layer Bake V10	Vegetable Pasty with Chips V35
		Carrot Sticks Cucumber Sticks	Peas Sweet Corn	Carrots Cabbage	Broccoli Sweet Corn	Baked Beans Peas
	Dessert	Fresh Fruit Flavoured Yoghurt	Fresh Fruit Flavoured Yoghurt	Catherine Wheel Cookie D82 Fresh Fruit Flavoured Yoghurt	Apple, Cheese & Biscuits D4 Fresh Fruit Flavoured Yoghurt	Chocolate & Banana Oaty Square D141 Fresh Fruit Flavoured Yoghurt
Week 2	Main	NGCI Macaroni Cheese V11	Beef Cottage Pie with Gravy B38	P10 Roast Pork Loin with Roasted New Potatoes and Gravy	Pork Sausages with Potato Wedges P13	MSC Breaded Fish with Chips F7
09/09/19 30/09/19 21/10/19 18/11/19 09/12/19	Vegetarian	Vegetarian Pasty with Potato Wedges	Vegetarian Spaghetti Bolognese V18	Creamy Vegetable Pie with Roasted New Potatoes V19 and Gravy		Vegetable Pasta Bake V91
		Sweet Corn Coleslaw	Peas Carrots	Cabbage Broccoli	Sweet Corn Carrots	Baked Beans Peas
	Dessert	Wholemeal Peach Crumble with Custard D113 Fresh Fruit Flavoured Yoghurt	Chocolate Shortbread D80 Fresh Fruit Flavoured Yoghurt	Apple Flapjack D171 Fresh Fruit Flavoured Yoghurt	Fresh Fruit Flavoured Yoghurt	Lemon Shortbread Fresh Fruit Flavoured Yoghurt
Week 3	Main	See Cook	Chicken and Gravy Pie with Mashed Potato Topping C59	T1 Roast Turkey with Roast Potatoes and Gravy	Spaghetti Beef Bolognese	MSC Fish in Batter with Chips F3
16/09/19 07/10/19 04/11/19 25/11/19 16/12/19	Vegetarian	Spicy Bean Burger with New Potatoes V33	Lentil and Sweet Potato Curry with Rice V108	Vegetarian Wellington with Roast Potatoes and Gravy V12	Sweet & Sour Vegetables with Rice V69	Vegetable Wholemeal Pasta Bake V73
		Peas Carrots	Roasted Leeks and Peppers	Sweet Corn Broccoli	Tomato and Onion Salad Carrot Salad	Baked Beans Peas
	Dessert	Fresh Fruit Flavoured Yoghurt	Rice Pudding with Mixed Berries D31 Fresh Fruit Flavoured Yoghurt	Apple, Cheese & Biscuits D4 Fresh Fruit Flavoured Yoghurt	Fresh Fruit Flavoured Yoghurt	Mandarins or Peaches with Ice Cream D13/D166/D167 Fresh Fruit Flavoured Yoghurt

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Milk Free Menu Autumn 2019

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		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main	Tomato ,Roasted Vegetables Calzone with New Potatoes	Beef Meatballs in a Tomato Sauce served with 50/50/Rice V1	Roast Chicken and Stuffing C4 with Roast Potatoes and Gravy	Chicken Arrabiata Pasta C41	MSC Fishfingers/Salmon Fishfingers with Chips F6
02/09/19 23/09/19 14/10/19 11/11/19 02/12/19	Vegetarian	Vegetable Tagine with Couscous V140	Five Bean Chilli with 50/50 Rice V138	Mixed Vegetable Loaf with Roast Potatoes and Gravy V39	Vegetable Pasty V35	Spinach & Tomato Quiche with Chips V127 No Milk.
		Carrot Sticks Cucumber Sticks	Peas Sweet Corn	Carrots Cabbage	Broccoli Sweet Corn	Baked Beans Peas
	Dessert	Orange Drizzle Cake D182 Fresh Fruit	Peach Upside Down Cake D176 Fresh Fruit	Catherine Wheel Cookie D82 Fresh Fruit	Apple, Cheese & Biscuits D4 Fresh Fruit Flavoured Yoghurt	Chocolate & Banana Oaty Square D141 Fresh Fruit
Week 2	Main	NCGI Macaroni Cheese V11	Beef Cottage Pie with Gravy B38	T1 Roast Pork Loin with Roasted New Potatoes and Gravy	Pork Sausages with Potato Wedges P13	MSC Breaded Fish with Chips F7
09/09/19 30/09/19 21/10/19 18/11/19 09/12/19	Vegetarian	Vegetarian Pasty with Potato Wedges	Vegetarian Spaghetti Bolognese V18	Vegetarian Wellington with Roast Potatoes and Gravy V12	Glamorgan Bean & Leek Sausage with Baked Potato Wedges and Gravy	Roasted Vegetable Frittata No Milk
		Sweet Corn Coleslaw	Peas Carrots	Cabbage Broccoli	Sweet Corn Carrots	Baked Beans Peas
	Dessert	Wholemeal Peach Crumble D113 Fresh Fruit	Chocolate Shortbread D80 Fresh Fruit	Apple Flapjack D171 Fresh Fruit	Eves Pudding with Fresh Fruit D189	Lemon Shortbread Fresh Fruit
Week 3	Main	See Cook	Chicken and Gravy Pie with Mashed Potato Topping C59	P10 Roast Turkey with Roast Potatoes and Gravy	Beef Bolognese B2 With Pasta	MSC Fish in Batter with Chips F3
16/09/19 07/10/19 04/11/19 25/11/19 16/12/19	Vegetarian	Spicy Bean Burger with New Potatoes V33	Lentil and Sweet Potato Curry with Rice V108	Vegetarian Wellington with Roast Potatoes and Gravy V12	Sweet & Sour Vegetables with Rice V69	Vegetable Wholemeal Pasta Bake V73
		Peas Carrots	Roasted Leeks and Peppers	Sweet Corn Broccoli	Tomato and Onion Salad Carrot Salad	Baked Beans Peas
	Dessert	Banana Loaf D173 Fresh Fruit	Fruit Jelly Fresh Fruit	Vanilla Shortbread D145 Fresh Fruit	Chocolate and Mandarin Sponge D178 Fresh Fruit	Mandarins or Peaches D166/D167 Fresh Fruit