

St Paul's CE Junior School Spring Menu 2020



	Monday	Tuesday	Wednesday	Thursday	Friday
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WEEK ONE 06/01/2020 27/01/2020 24/02/2020 16/03/2020	Option 1	Tomato and Vegetable Pasta with Garlic Slice	Sausage, Mashed Potatoes and Gravy	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Chicken Curry with 50/50 Rice	Fish Fingers/Salmon Fish Fingers with Chips
	Option 2	Lentil and Sweet Potato Curry with Rice	Glamorgan Vegetarian Sausages, Mashed Potato and Gravy	Vegetable Wellington with Roast Potatoes and Gravy	Macaroni Cheese	Cheese and Tomato Quiche with Chips
	Vegetables	Roasted Vegetables Green Salad	Cauliflower Broccoli	Carrots Green Beans	Sweet Corn Peas	Baked Beans Peas
	Dessert	Syrup Sponge with Custard Yoghurt Fresh Fruit	Pineapple Cake Yoghurt Fresh Fruit	Apple, Cheese & Crackers Yoghurt Fresh Fruit	Vanilla Shortbread Cookie Yoghurt Fresh Fruit	Fresh Fruit and Yoghurt Station Chocolate Cookie
WEEK TWO 13/01/2020 03/02/2020 02/03/2020 23/03/2020	Option 1	Cheese and Tomato Pizza with Baked Wedges	Sausage Plait with New Potatoes	Roast Gammon Roast Potatoes and Gravy	Mexican Beef Chilli with Rice & Garlic Slice	Breaded Fish with Chips
	Option 2	Chickpea Curry with Rice	Potato and Courgette Layer bake	Quorn Roast Fillet with Roast Potatoes and Gravy	Vegetarian Spaghetti Bolognese	Cheese Frittata with Chips
	Vegetables	Sweet Corn Carrots	Peas Cauliflower	Cabbage Green Beans	Sweet Corn Broccoli	Baked Beans Peas
	Dessert	Oaty Pear Crumble and Custard Yoghurt Fresh Fruit	Chocolate Cake with Chocolate Drizzle Yoghurt Fresh Fruit	Apple, Cheese & Crackers Yoghurt Fresh Fruit	Carrot & Courgette Cake Yoghurt Fresh Fruit	Fresh Fruit and Yoghurt Station Orange & Lemon Shortbread
WEEK THREE 20/01/2020 10/02/2020 09/03/2020 30/03/2020	Option 1	Vegetable Lasagne with Garlic Bread	Chicken & Sweet Corn Pie with New Potatoes & Gravy	Roast Pork Loin Roast Potatoes and Gravy	Chicken Stir Fry with Rice	Fish in Batter With Chips
	Option 2	Vegetarian Bolognese with Rice & Garlic Slice	Vegetable Hotpot	Cheese and Pepper Whirl with Roast Potatoes and Gravy	Wholemeal Pasta Bake	Bean and Lentil Burger with Chips
	Vegetables	Sweet Corn Broccoli	Cauliflower Green Beans	Swede Peas	Carrot Sticks Tomato & Onion Salad	Baked Beans Peas
	Dessert	Oaty Cookie Yoghurt Fresh Fruit	Banana Sponge and Custard Yoghurt Fresh Fruit	Apple, Cheese & Crackers Yoghurt Fresh Fruit	Chocolate and Orange Brownie Yoghurt Fresh Fruit	Fresh Fruit and Yoghurt Station Iced Bun

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

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. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.