

Ss Peter & Paul's Catholic Primary Academy

wc 05.09.22; 26.09.22; 17.10.22; 14.11.22; 05.12.22; 09.01.23; 30.01.23; 27.02.23; 20.03.23

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN CHOICES	♥ Chicken & Leek Pie (CG)	Hot Beef & Gravy Baguette (CG)	Chicken Korma Curry & Rice (may M)	Savoury Mince filled Yorkshire Pudding (CG, E, M)	Salmon or Cod Fish Fingers (CG, F) Fish in Crispy Batter (CG, F)
VEGETARIAN OPTION	Minced Beef & Onion Pie (CG, M) ♥🌿V Sweet 'n' Sour Noodles (CG)	Sausage & Mash with Onion Gravy (CG, M) ♥🌿V Red Onion & Sweet Pepper Savoury Rice	🌿♥ Simply Tomato Pasta (CG) V Margarita Pizza Slice (CG, M)	♥ Sweet 'n' Sour Chicken with Rice (S) V Cheese & Bean Melt Slice (CG, M)	🌿V Veggie Burger (CG) ♥🌿V Mixed Pepper Pasta (CG)
POTATOES & VEGETABLES	Roast Potatoes Buttered Cabbage (may M) Garden Peas	Fresh Carrots Cauliflower Florets	Potato Wedges Baked Beans Sweetcorn Kernels	Mash Potatoes (may M) Fresh Carrots Buttered Cabbage (may M)	Chipped Potatoes Mushy Peas Fresh Herb Salad Curry Sauce (may CG, M)
<p>Fresh Garden Salad and homemade Coleslaw as an alternative to vegetables</p> <p>Baked Potatoes including Cheese, Baked Beans, Tuna - Sandwiches made fresh on site, including Ham, Cheese, Tuna</p> <p>Salads - crisp and fresh, including lettuce, carrot, peppers, spinach, tomato, cucumber, plus Ham, Cheese, Tuna, Hardboiled Egg</p>					
DESSERT	V Chocolate Sponge (CG, E) & V Custard (M)	🌿V Apple & Raspberry Crumble (CG) & V Custard (M)	V Citrus Sponge with Frosted Icing (CG, E, M)	V Fruit topped Cheesecake (CG, M may E)	V Cherry Cake (CG, E) & V Custard (M)
Fresh Cut Fruit, Sugar Free Jelly and Yoghurts					
<p>ALSO AVAILABLE DAILY - Freshly baked Crusty Bread & Sliced Whole meal Bread - Veggie Sticks including Carrot, Cucumber, Celery, Red Pepper</p> <p>SPECIAL DIET REQUIREMENTS - Please speak to our Catering Manager regarding your specific dietary needs</p>					



FOOD ALLERGIES AND INTOLERANCES

Before choosing your meal, please speak to a member of the catering staff about your requirements

Celery **C**, Cereals containing Gluten **CG**, Crustaceans **C**, Eggs **E**, Fish **F**, Lupin **L**, Milk **M**, Molluscs **M**, Mustard **M**, Nuts **N**, Peanuts **P**, Sesame Seeds **SS**, Soya **S**, Sulphur Dioxide **SD**

♥ Healthier Option

🌿 Vegan

V Vegetarian

🌿 Contains Wholewheat/Wholegrain

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wc 12.09.22; 03.10.22; 31.10.22; 21.11.22; 12.12.22; 16.01.23; 06.02.23; 06.03.23; 27.03.23

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN CHOICES	♥ Butter Chicken Curry & Rice (M)	Beef Bolognese with Pasta (CG)	♥ Margarita Pizza Slice (CG, M)	♥ Roast Pork & Yorkshire pudding (CG, E, M)	Fish in Crispy Batter (CG, F) Homemade Fishcake (CG, E, F)
VEGETARIAN OPTION	Sausage in a Bun (CG) Onions & Tomato Ketchup	Herby Toad in the Hole (CG, E, M)	Italian Style Lasagna (CG, M)	Chicken & Sweetcorn Pie (CG, M)	♥ Veggie Nuggets (CG)
POTATOES & VEGETABLES	♥ Leek & Potato Cheesy Slice (CG, M)	♥ ♥ Simply Tomato Pasta (CG) Garlic Bread Slice (CG, M)	♥ ♥ Creamy Potato & Spring Onion Bake (M)	♥ ♥ Mushroom Stroganoff with Braised Rice (M)	Chicken Nuggets (CG)
	Seasoned Potato Wedges Baked Beans Corn Cobs	Mustard Mash (M) Broccoli Stir-fried Cabbage	BBQ Potato Wedges (may CG) Baked Beans Coleslaw	Roast Potatoes Fresh Carrots Garden Peas	Chipped Potatoes Fresh Carrots Mushy Peas Curry Sauce (may CG, M)
<p>Fresh Garden Salad and homemade Coleslaw as an alternative to vegetables</p> <p>Baked Potatoes including Cheese, Baked Beans, Tuna - Sandwiches made fresh on site, including Ham, Cheese, Tuna</p> <p>Salads - crisp and fresh, including lettuce, carrot, peppers, spinach, tomato, cucumber, plus Ham, Cheese, Tuna, Hardboiled Egg</p>					
DESSERT	♥ Apple Cobbler (CG, E, M) & ♥ Custard (M)	Fruity Jelly & ♥ Ice Cream (M)	♥ Vanilla Sponge (CG, E) & ♥ Custard (M)	♥ Fudge topped Chocolate Cake (CG, E, M)	♥ Raspberry Eton Mess
Fresh Cut Fruit, Sugar Free Jelly and Yoghurts					
<p>ALSO AVAILABLE DAILY - Freshly baked Crusty Bread & Sliced Whole meal Bread - Veggie Sticks including Carrot, Cucumber, Celery, Red Pepper</p> <p>SPECIAL DIET REQUIREMENTS - Please speak to our Catering Manager regarding your specific dietary needs</p>					



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wc 19.09.22; 10.10.22; 07.11.22; 28.11.22; 19.12.22; 23.01.23; 13.02.23; 13.03.23

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN CHOICES	Chinese Style Chicken Curry & Rice (CG)	Cottage Pie (M)	✓ Margarita Pizza Slice (CG, M)	♥ Roast Turkey & Yorkshire pudding (CG, E, M)	Fish in Crispy Batter (CG, F) Fish Fingers (CG, F)
VEGETARIAN OPTION	✂ Butchers Beef Burger in a Bun (CG) ✓ Cheesy Pasta Bake (CG, M)	Italian Meatballs Wholegrain Pasta Bake & Garlic Bread Slice (CG, M) ♥ ✓ Spaghetti in Tomato Sauce (CG)	✂ ♥ Firecracker Chilli con Carne & Rice ✓ Cheese, Onion & Potato Pie (CG, M)	Tuna Pasta Bake (CG, F) ♥ ✓ Rustic Tomato Pasta (CG) Garlic Bread Slice (CG)	✓ Veggie Fingers (CG) ✓ Oriental Veggie Spring Pancake Roll (CG, S, E, M)
POTATOES & VEGETABLES	Roast Potatoes Fresh Carrots Corn Cobs	Buttered Cabbage Roasted fresh Root Vegetables	Sweet Potato Wedges Baked Beans Coleslaw	Mash Potatoes (may M) Fresh Carrots Minted Peas	Chipped Potatoes Garden Peas Sweetcorn kernels Curry Sauce (may CG, M)
<p>Fresh Garden Salad and homemade Coleslaw as an alternative to vegetables Baked Potatoes including Cheese, Baked Beans, Tuna - Sandwiches made fresh on site, including Ham, Cheese, Tuna Salads - crisp and fresh, including lettuce, carrot, peppers, spinach, tomato, cucumber, plus Ham, Cheese, Tuna, Hardboiled Egg</p>					
DESSERT	✓ Lemon Drizzle Cake (CG, E)	✓ Treacle Tart (CG) & ✓ Custard (M)	✓ Chocolate Crispy Slice (CG, M)	✓ Raspberry Sponge Cake (CG, E) & ✓ Custard (M)	✓ Sticky Toffee Pudding (CG, E, M) & ✓ Custard
Fresh Cut Fruit, Sugar Free Jelly and Yoghurts					
<p>ALSO AVAILABLE DAILY - Freshly baked Crusty Bread & Sliced Whole meal Bread - Veggie Sticks including Carrot, Cucumber, Celery, Red Pepper SPECIAL DIET REQUIREMENTS - Please speak to our Catering Manager regarding your specific dietary needs</p>					



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