

Lunch Menu - Week 1

Gluten incl Wheat - Crustaceans - Soya - Mustard - Sesame Seeds - Lupin - Sulphides - Milk - Fish - Eggs - Peanuts - Molluscs - Nuts - Celery

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Pasta bar; Tomato and basil, bbq sausage, cheese and chive	Steak and vegetable pie	Chicken Korma	Pasta bolognese	Cod fishcakes
	<i>gluten/milk</i>	<i>gluten</i>	<i>Gluten/sulphites</i>	<i>gluten</i>	<i>fish/gluten</i>
Vegetarian		Vegetable hotpot	Curried cauliflower crumble	Roast pepper and sweet potato frittata	Pea & Mint Falafal
	<i>egg/milk</i>	<i>Gluten/egg</i>	<i>gluten/milk</i>	<i>milk</i>	<i>Gluten/soya</i>
Sides	Mixed salad or sweetcorn	Carrots	Broccoli	Green beans	Peas & baked beans
Starch	Pasta	Steamed new potatoes	Pilau rice & poppadums	Focaccia bread	French fries
Dessert	Apple crumble & custard	Lemon sponge	Coconut rice pudding	Shortbread	Mini doughnuts
	<i>gluten/milk</i>	<i>gluten/egg</i>	<i>milk</i>	<i>gluten</i>	<i>gluten</i>

Lunch Menu - Week 2

Gluten incl Wheat - Crustaceans - Soya - Mustard - Sesame Seeds - Lupin - Sulphides - Milk - Fish - Eggs - Peanuts - Molluscs - Nuts - Celery

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Jacket potato bar; Baked beans, Grated cheddar, tuna mayo	Sausage casserole	Chicken and pepper fajitas	Honey roast gammon	Chicken or beef burger
	<i>fish/milk</i>	<i>gluten</i>	<i>gluten</i>		<i>gluten</i>
Vegetarian		Vegetable casserole	Sweet chilli veg noodles	Roasted vegetable pasta	Vegetarian burger
			<i>gluten/egg</i>	<i>gluten</i>	<i>gluten</i>
Sides	Red cabbage slaw, sweetcorn	Spring greens	Green beans	Steamed carrots & broccoli	Baked Beans, Peas
Starch		Long grain rice	Potato wedges	Roast potatoes	Sauté potatoes
Dessert	Fresh fruit salad	Flapjack	Pear with chocolate sauce	Apple & berry cobbler	Rice Krispy Bar
		<i>Gluten</i>	<i>milk</i>	<i>Milk/gluten</i>	<i>Gluten/milk/soya</i>

Lunch Menu - Week 3

Gluten incl Wheat - Crustaceans - Soya - Mustard - Sesame Seeds - Lupin - Sulphides - Milk - Fish - Eggs - Peanuts - Molluscs - Nuts - Celery

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Honey chicken and vegetable noodles	Chilli beef nachos	Lincolnshire sausages	Roast chicken thigh	Fish fingers
	<i>gluten</i>	<i>Gluten</i>	<i>Gluten</i>		<i>Gluten/fish</i>
Vegetarian	Curried sweet potato and courgette bake	Butternut squash and pea risotto	Vegetarian sausages	Macaroni cheese	Roasted cherry tomato pasta
			<i>gluten</i>	<i>gluten/milk</i>	<i>gluten</i>
Sides	Prawn crackers	Soured cream, guacamole	Savoy Cabbage		Garden peas, baked beans
	<i>Crustaceans</i>	<i>Milk</i>			
Starch	Noodles	Potato wedges	Skin on mash potato	Roast potatoes	Herby diced potatoes
Dessert	Poppy seed & lemon steamed sponge	Pineapple upside down cake	Fruit Salad	Apple cake	Chocolate brownie
	<i>gluten/milk/egg</i>	<i>gluten/milk/egg</i>	<i>Milk</i>	<i>Gluten/egg</i>	<i>Gluten/egg</i>

Busy bee & Nursery snack menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Nursery snack					
Week 1	Breadsticks	Vegetable crudité	Hard boiled eggs	Cheese sticks	Croissants
Week 2	Yoghurt	Fruit kebabs	Toast & jam	Breadsticks	Breadsticks
Week 3	Crackers	Croissants	Hummus and bread	Vegetable crudité	Hard boiled eggs
Busy Bees	Lent Term 2023				
Week 1	Sausage roll	Pesto pasta	Cheese toasty	Fish finger sandwich	
Week 2	Tortilla wraps	Stuffed potato skins	Crumpets with choice topping	Pesto pasta	
Week 3	Beans on toast	Margarita pizza	Garlic bread with ham	Sausage roll	



Selection Fresh fruit available daily
Chef Manager – Robert Chapman – Sacred Heart School
items subject to change due to seasonality and availability



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