

# St Ignatius R C Primary School – Autumn Winter Lunch Menu 2018/19



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meal Option 1</b>	Chicken Sausages with Sweet Potato and Maris Piper Potato Mash Served with Onion Gravy	Italian Style Lamb Meatballs Served with Tagliatelli	Seasoned Roast Chicken with African Style Jollof Rice	Beef Burger in a Floured Bun with Brown Sauce	Salmon Bites with Oven Baked Wedges
<b>Meal Option 2 Vegetarian</b>	Cheese and Onion Pasty	5 Bean and Vegetable Wrap	Plantain with Black Eyed Bean Stew	Veggie Burger in a Floured Bun with Brown Sauce	Creamy Mac and Cheese with Crunchy Topping
<b>Vegetables</b>	Mixed Vegetables	Carrots	Sliced Green Beans	Baked Beans	Mixed Sweet Corn and Peas
<b>Salad Bar</b>	Mixed Salad Greek Salad	Diced Cucumber Salad Tomato Wedges	Tomato and Basil Coleslaw	Sliced Cucumber Wholegrain Pasta Salad	Tomato and Basil in Olive Oil Dressing Mixed Salad with Sliced Cucumber
<b>Main Dessert</b>	Wholemeal Apple Crumble with Custard	Jelly and Fruit	Fruit Cocktail with Ice Cream	Wholemeal Carrot Cake with Vanilla Sauce	Sliced Peach with Custard
<b>2<sup>nd</sup> Dessert</b>	Fruit Yoghurt	Banana	Fruit Yoghurt	Grapes	Fruit Yoghurt
<b>Other</b>	<b>Fresh organic bread, fresh fruit and water are available daily.</b>				

**Week 1 Commencing: 03/09, 24/09, 15/10, 05/11, 26/11, 17/12, 31/12, 21/01, 11/02**



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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meal Option 1</b>	Meat Feast Pizza, Meat Balls, Mozzarella, with extra Sweet Pepper and Sweetcorn	Afro Carib Mild Jerk Chicken with Rice and Peas	Lamb and Vegetable Kebab with Cous Cous	Beef Spaghetti Bolognese	Jumbo Fish Fingers with a Sweet Potato and White Potato Chip Mix
<b>Meal Option 2 Vegetarian</b>	Vegetable and 5 Bean Stir Fry with Noodles	Vegetable Lentil Bake with Crunchy Topping	Mild Bean and Veggie Chilli with Rice.	Cheese Lettuce and Tomato Sandwich	Vegetable Nuggets with a Sweet Potato and White Potato Chip Mix
<b>Vegetables</b>	Peas	Sweetcorn	Sliced Carrots	Broccoli	Baked Beans
<b>Salad Bar</b>	Sliced Beetroot Mixed Leaf Salad	Tossed Mixed Salad Cherry Tomato and Basil Salad	Diced Cucumber Sweetcorn and Mixed Peppers	Caesar's Salad Mixed Green Salad Hard Boiled Eggs	Cherry Tomatoes Waldorf Salad
<b>Main Dessert</b>	Wholemeal Fruit Sponge with Custard	Fruit Platter	Beetroot Brownies	Rice Pudding with Mixed Berries Compote	Frozen Fruit Yoghurt
<b>2<sup>nd</sup> Dessert</b>	Orange	Fruit Yoghurt	Honey Dew Melon	Fruit Yoghurt	Banana
<b>Other</b>	<b>Fresh organic bread, fresh fruit and water are available daily</b>				

Week Commencing: 10/09, 01/10, 12/11, 03/12, 07/01, 28/01,

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Week 3	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meal Option 1</b>	Fill your Jacket Baked Potato with Egg Watercress Mayo Cheese and Baked Beans	Aromatic Chicken Curry with Indian Saffron Rice and Naan Bread	Roast Lamb with Roast Potatoes and Herby Gravy	Chicken and Roast Vegetable Pasta Bake	Fish Fingers with Oven Baked Chips
<b>Meal Option 2 Vegetarian</b>	Beans and Vegetable Tacos	Roast Vegetable Quiche	3 Bean Vegetable Wrap with Roast Potatoes	Chick Pea, Vegetable and Potato Curry with Indian Saffron Rice	Veggie Burger in a Floured Bun
<b>Vegetables</b>	Sweetcorn	Carrot Roundels	Broccoli	Sliced Green Beans	Peas
<b>Salad Bar</b>	Greek Salad Sliced Tomatoes	Coleslaw Sliced Cucumber	Green Salad Grated Carrots with Raisins and Sliced Beetroot	Mixed Leaf and Pomegranate Salad Sliced Cucumbers	Herby Roasted Vegetable Couscous Sliced Tomatoes Mixed Leaf Salad
<b>Main Dessert</b>	Wholemeal Chocolate and Orange Sponge with Chocolate Sauce	Raspberry and Lemon Muffins Served with Cream	Fruit Platter	Wholemeal Courgette and Lemon Cake	Wholemeal Shortbread
<b>2<sup>nd</sup> Dessert</b>	Fruit and Yoghurt	Apples	Fruit Yoghurt	Honeydew Melon	Fruit Yoghurt
<b>Other</b>	<b>Fresh organic bread, fresh fruit and water are available daily.</b>				

**Week 3 Commencing: 17/09, 08/10, 29/10, 19/11, 10/12, 14/01, 04/02**

