

**THE BLESSED SACRAMENT CATHOLIC PRIMARY SCHOOL**

**MENU**



	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Week 1</b>	Southern style chicken goujons or Vegetable finger wrap With Paprika potatoes Vegetables or BBQ beans	Loaded mild beef or vegetable chilli nacho bake With Mixed rice & sweetcorn medley	Pork or Vegetarian sausages & Yorkshire pudding With Seasonal veg & gravy.	Chicken or Quorn Balti curry served with Mixed rice & naan bread.	Homemade Pizza Served with Chips and garden peas or salad selection
	Jacket potato Served with a choice of fillings.  Salad Selection	Jacket potato Served with a choice of fillings.  Salad Selection	<b>NO JACKET POTATO TODAY</b>	Jacket potato Served with a choice of fillings.  Salad Selection	Crispy Vegetable Fingers with Chips Peas or Beans
	Pasta tubes in a tomato sauce Served with dough balls & salad	Summer Picnic.....  <b>CHOOSE SANDWICH CHOICE BELOW</b>	Tomato & Mascarpone pasta served with herby bread and salad.	Homemade cheese flan With baby potatoes Baked beans or salad	Fish Fillet Served with Chips and Beans or Peas.
		Tuna Sandwich	Tuna Sandwich		Tuna Sandwich
		Ham Sandwich	Ham Sandwich		<b>Egg</b> Sandwich
		Cheese Sandwich	Cheese Sandwich		Cheese Sandwich
<b>Desserts</b>	Fruity flapjack or fruit yoghurt or jelly fruit selection  Organic Milk	Vanilla shortbread, fruit wedges, jelly or yoghurt  Organic Milk	Ice cream & dessert sauce or Fruit Yoghurt or jelly  Organic Milk	Mixed fruit medley Or Yoghurt or jelly  Organic Milk	Cookie & milkshake Or Fruit selection, jelly or yoghurt  Organic Milk

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Week 2	Vegetarian Sausage Roll and Tomato ketchup served with herb wedges and beans.	BBQ pulled pork or Quorn burrito With Vegetable rice & salad selection	Roast Chicken or Quorn Filet Dinner Served with Roast Potatoes, Seasonal veg & Gravy	Booths beef & pork or Vegetable Burger with Paprika Potatoes Vegetable Sticks & Dips	Homemade Pizza served with Chips and Sweetcorn.
	Jacket potato Served with a choice of fillings. Salad Selection	Jacket potato Served with a choice of fillings. Salad Selection	<b>NO JACKET POTATO TODAY</b>	Jacket potato Served with a choice of fillings. Salad Selection	<b>NO JACKET POTATO TODAY</b>
	Tomato and Mascarpone Pasta with herby bread & Salad Selection	Mac 'n' Cheese with Crusty Bread & garden peas	Loaded potato wedges with BBQ beans, crispy onions & salad selection	Pasta Twists in a Tomato Sauce With Dough Balls & Salad Selection	Harry Ramsdens crispy Battered Fish served with Chips and mushy peas.
			Tuna Sandwich		Tuna Sandwich
			Ham Sandwich		<b>Egg</b> Sandwich
			Cheese Sandwich		Cheese Sandwich
Desserts	Marble & toffee traybake Fruit Yoghurt or jelly with Fruit Selection  Organic Milk	Mixed Fruit Medley or Fruit Yoghurt or Jelly Fruit Selection And organic milk	Raspberry Bun Fruit Yoghurt or Jelly Fruit Selection  Organic Milk	Lemon Biscuit, Fruit Yoghurt or Jelly Fruit Selection  Organic Milk	Cocoa Krispie Cake Fruit Yoghurt or Jelly Fruit Selection  Organic Milk

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 3	Mild piri piri chicken or Quorn pitta pocket With Sunshine rice & peas	Harry Ramsden's sweet potato & salmon fishcake With Paprika potatoes & mixed vegetables	Roast Gammon or BBQ Vegetarian Meatballs Served with Rosti potatoes & sweetcorn	Chicken or Vegetarian tikka curry With Mixed Rice & Naan Bread	Homemade Pizza Served with chips and garden peas or salad.
	Jacket potato Served with a choice of fillings. Salad Selection	Jacket potato Served with a choice of fillings. Salad Selection	<b>NO JACKET POTATO TODAY</b>	Jacket potato Served with a choice of fillings. Salad Selection	<b>NO JACKET POTATO TODAY</b>
	Pasta Twists in a Tomato Sauce With Dough Balls & Salad Selection	Puff pastry cheese whirl served with paprika wedges & baked beans	Tomato & mascarpone pasta served with herby bread & salad.	Summer Picnic..... <b>CHOOSE SANDWICH CHOICE BELOW</b>	Harry Ramsden's fish filet with Chips Peas or Beans
			Tuna Sandwich	Tuna Sandwich	Tuna Sandwich
		Ham Sandwich	Ham Sandwich	<b>Egg</b> Sandwich	
		Cheese Sandwich	Cheese Sandwich	Cheese Sandwich	
Desserts	Jam sandwich slice or Fruit, yoghurt or jelly  Organic Milk	Marbled shortbread biscuit & fruit wedges Yoghurt or jelly  Organic Milk	Cooks' choice of mousse or Fruit, yoghurt or jelly  Organic Milk	Mixed Fruit Medley or Fruit Yoghurt or Jelly Fruit Selection  Organic Milk	Sticky Toffee Cupcake or Fruit Yoghurt or Jelly Fruit Selection  Organic Milk