

THE BLESSED SACRAMENT CATHOLIC PRIMARY SCHOOL

MENU – WEEK 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Week 3 Reception / Key Stage One	Pasta Bolognaise with homemade Garlic bread & Salad	Crispy Salmon, herby Potatoes, peas & sweetcorn	Roast Pork, Yorkshire Pudding & Gravy, Roast potatoes, Cabbage & Carrots	Chinese Style Chicken Curry, mixed Savoury Vegetable Rice	Crispy Tempura Fish Goujons, chips OR new Potatoes & Peas	
	Baked Jacket Potato with a choice of filling & Salad	French Bread Pizza with choice of topping , Tortilla Chips, veg sticks & Dips	Baked Jacket Potato with a choice of filling & Salad	Pork Sausage in a bun with Tomato Ketchup , tortilla chips, Vegsticks & dips	Baked Jacket Potato with a choice of filling & Salad	
	Choice of filled Omelette with paprika potatoes , Broccoli or Baked beans	Puff Pastry Cheese Whirl, herby Potatoes & Baked Beans	Pasta Arrabbiata, Garlic Dough Balls & Salad	Loaded Cheese & Onion Potato Skins, Baked Beans & Salad	Home made Pizza Margherita, Chips or new Potatoes & Sweetcorn	
	Dessert					
	Marble sponge with Custard or Cream, Fruit Yoghurt, Fruit selection. Organic milk	Home Made Jam & Cream Spilt, Fruit Yoghurt, Fruit Selection. Organic Milk	Lancashire Cheese & Crackers with Grapes, Fruit Yoghurt, Fruit Selection. Organic milk.	Fruit Jelly & Orange Wedges, Fruit Yoghurt, Fruit Selection. Organic Milk.	Chocolate Cupcake & Melon wedges, Fruit Yoghurt, Fruit Selection. Organic Milk	
Week 3 Key Stage Two	Pasta Bolognaise with homemade Garlic bread & Salad	Tuna & Cheese Panini Melt Crispy Salmon, herby Potatoes, peas & sweetcorn	Roast Pork, Yorkshire Pudding & Gravy, Roast potatoes, Cabbage & Carrots	Chinese Style Chicken Curry, mixed Savoury Vegetable Rice	Crispy Tempura Fish Goujons, chips OR new Potatoes & Peas	
	Baked Jacket Potato with a choice of filling & Salad	French Bread Pizza with choice of topping , Tortilla Chips, veg sticks & Dips	Baked Jacket Potato with a choice of filling & Salad	Pork Sausage in a bun with Tomato Ketchup , tortilla chips, Veg sticks & dips	Baked Jacket Potato with a choice of filling & Salad	
	Choice of filled Omelette with paprika potatoes , Broccoli or Baked beans	Puff Pastry Cheese Whirl, herby Potatoes & Baked Beans	Pasta Arrabbiata, Garlic Dough Balls & Salad	Loaded Cheese & Onion Potato Skins, Baked Beans & Salad	Home made Pizza Margherita, Chips or new Potatoes & Sweetcorn	
	Dessert					
	Marble sponge with Custard or Cream, Fruit Yoghurt, Fruit selection. Organic milk	Home Made Jam & Cream Spilt, Fruit Yoghurt, Fruit Selection. Organic Milk	Lancashire Cheese & Crackers with Grapes, Fruit Yoghurt, Fruit Selection. Organic milk.	Fruit Jelly & Orange Wedges, Fruit Yoghurt, Fruit Selection. Organic Milk.	Chocolate Cupcake & Melon wedges, Fruit Yoghurt, Fruit Selection. Organic Milk	



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 2 Reception / Key Stage One	Homemade Soup & Cheese Panini Melt, Tortilla Chips, Veg sticks & Dips	Traditional Cottage Pie Cabbage & Beetroot	Roast Chicken, Roast Potatoes, Broccoli, Carrots & Gravy	Beef Burger in a bun with Tomato Ketchup, Paprika wedges, Veg Sticks & Dips	Crispy Battered Fish, Chips Or New Potatoes & Garden Peas
	Baked Jacket Potato with a choice of filling & Salad	Crispy Fish Finger Wrap, Potato Wedges, Peas & Sweetcorn	French Bread Pizza with choice of topping , Tortilla Chips & Salad	Vegetarian Sausage Roll, Paprika Wedges & Baked Beans	Baked Jacket Potato with a choice of filling & Salad
	Tomato & Mascarpone Pasta, Garlic Dough Balls & Broccoli	Loaded Veggie & Cheese Taco, Potato Wedges & Salad	Vegetable Korma Curry, Mixed Rice & Naan Bread	Vegetable Lasagne, Homemade Garlic Bread	Homemade Pizza Margherita, Oven Chips or New Potatoes & Sweetcorn
	Desserts				
	Rice Pudding & Fruit Jam, Fruit Yoghurt, Fruit Selection. Organic Milk.	Fruit Jelly & Melon Wedges, Fruit Yoghurt, Fruit Selection. Organic Milk.	Fresh Fruit Medley & Vanilla Cream, Fruit Yoghurt, Fruit Selection. Organic Milk	Lancashire Cheese & Crackers with Grapes, Fruit Yoghurt, Fruit Selection, Organic Milk	Chocolate Brownie & Orange wedges, Fruit Yoghurt, Fruit Selection. Organic Milk.
Week 2 Key Stage Two	Homemade Soup & Cheese Panini Melt, Tortilla Chips, Veg sticks & Dips	Traditional Cottage Pie Cabbage & Beetroot	Roast Chicken, Roast Potatoes, Broccoli, Carrots & Gravy	Beef Burger in a bun with Tomato Ketchup, Paprika wedges, Veg Sticks & Dips	Crispy Battered Fish, Chips Or New Potatoes & Garden Peas
	Baked Jacket Potato with a choice of filling & Salad	Crispy Fish Finger Wrap, Potato Wedges, Peas & Sweetcorn	French Bread Pizza with choice of topping , Tortilla Chips & Salad	Vegetarian Sausage Roll, Paprika Wedges & Baked Beans	Baked Jacket Potato with a choice of filling & Salad
	Tomato & Mascarpone Pasta, Garlic Dough Balls & Broccoli	Loaded Veggie & Cheese Taco, Potato Wedges & Salad	Vegetable Korma Curry, Mixed Rice & Naan Bread	Vegetable Lasagne, Homemade Garlic Bread	Homemade Pizza Margherita, Oven Chips or New Potatoes & Sweetcorn
	Desserts				
	Rice Pudding & Fruit Jam, Fruit Yoghurt, Fruit Selection. Organic Milk.	Fruit Jelly & Melon Wedges, Fruit Yoghurt, Fruit Selection. Organic Milk.	Fresh Fruit Medley & Vanilla Cream, Fruit Yoghurt, Fruit Selection. Organic Milk	Lancashire Cheese & Crackers with Grapes, Fruit Yoghurt, Fruit Selection, Organic Milk	Chocolate Brownie & Orange wedges, Fruit Yoghurt, Fruit Selection. Organic Milk.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Pork Sausages & Onion Gravy, Creamed Potatoes, Carrots & Peas	Lancashire Cheese & Potatoe Pie, Broccoli & Beetroot	Roast Beef, Yorkshire Pudding, Roast Potatoes, Cabbage, Carrots & Gravy	Creamy Cheicken Tikka Curry, Mixed Rice & Naan Bread	Golden Crumb Fish Finger, Oven Chips or New Potatoes & Peas
	Baked Jacket Potato with a choice of filling & Salad	French Bread Pizza with choice of topping, Paprika Potatoes, Veg sticks & Dips	Baked Jacket Potato with a choice of filling & Salad	Tuna & Cheese Panini Melt, Herby Potatoes & Salad	Baked Jacket Potato with a choice of filling & Salad
	Creamy Cheese & Pasta Bake, Garlic Bread & Salad	Veggie Baked Bean chilli, Mixed Rice & Tortilla Chips	Pasta Neapolitan, Garlic Dough Balls & Salad	Roast Vegetable Hotpot, Cabbage & Beetroot	Home made Pizza Margherita, Chips or new Potatoes & Sweetcorn
	Desserts				
	Fruit Crumble custard or Cream, Fruit Yoghurt, Fruit Selection. Organic Milk	Shortbread Biscuit & Melon Wedges, Fruit Yoghurt, Fruit Selection. Organic Milk	Lancashire Cheese & Crackers with Grapes, Fruit Yoghurt, Fruit Selection, Organic Milk	Fruit Jelly & Orange Wedges, Fruit Yoghurt, Fruit Selection. Organic Milk.	Chocolate Cookie & Milkshake, Fruit Yoghurt, Fruit Selection. Organic Milk
	Pork Sausages & Onion Gravy, Creamed Potatoes, Carrots & Peas	Lancashire Cheese & Potatoe Pie, Broccoli & Beetroot	Roast Beef, Yorkshire Pudding, Roast Potatoes, Cabbage, Carrots & Gravy	Creamy Cheicken Tikka Curry, Mixed Rice & Naan Bread	Golden Crumb Fish Finger, Oven Chips or New Potatoes & Peas
	Baked Jacket Potato with a choice of filling & Salad	French Bread Pizza with choice of topping, Paprika Potatoes, Veg sticks & Dips	Baked Jacket Potato with a choice of filling & Salad	Tuna & Cheese Panini Melt, Herby Potatoes & Salad	Baked Jacket Potato with a choice of filling & Salad
	Creamy Cheese & Pasta Bake, Garlic Bread & Salad	Veggie Baked Bean chilli, Mixed Rice & Tortilla Chips	Pasta Neapolitan, Garlic Dough Balls & Salad	Roast Vegetable Hotpot, Cabbage & Beetroot	Home made Pizza Margherita, Chips or new Potatoes & Sweetcorn
	Desserts				
	Fruit Crumble custard or Cream, Fruit Yoghurt, Fruit Selection. Organic Milk				