THE BLESSED SACRAMENT CATHOLIC PRIMARY SCHOOL MENU – WEEK 3

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

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



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