

THE BLESSED SACRAMENT CATHOLIC PRIMARY SCHOOL
MENU – WEEK 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Reception / Key Stage One	Veggie Meatballs & Onion Gravy (v) with Creamed Potatoes, Broccoli Florets & Carrot Batons	BBQ Chicken Flatbread with Paprika wedges, Garden Peas & Sweetcorn	Roast Pork Sage & onion Stuffing & Gravy with Roast Potatoes, Seasonal Cabbage & Carrot	Chinese Style Chicken Curry with Mixed Vegetable	Golden Crumb Omega 3 Fish Fingers with Oven Baked chips or New Potatoes & Garden Peas
	Baked Jacket Potato with Choice of Filling with Freshly Prepared Salad Selection	Sweet Pepper French Bread Pizza (v) with Potato wedges & Freshly Prepared Salad Selection	Freshly Baked Baguette with Tuna & Mayonnaise with Tortilla Chips & Freshly Prepared Salad Selection	Baked Jacket Potato with Choice of Filling with Freshly Prepared Salad Selection	Summer Picnic Mini Sandwich Rolls & Veggie Sausage Rolls with Tortilla Chips & Salad Sticks
	Spaghetti Neapolitan (v) with Homemade Garlic Dough Balls & Salad Selection	Lancashire Cheese & Potato Pie (v) with Broccoli Florets & Sliced Beetroot	Penne Pasta Arrabbiata (v) with Homemade Garlic Bread & Salad Selection	Pork or Vegetarian Sausage in a Bun & Tomato Ketchup with Herby Potatoes & Mixed Vegetable Medley	Homemade Pizza Margherita (v) with Oven Baked chips Or New Potatoes & Sweetcorn
	Oaty Biscuit & Apple Slices Fruit Yoghurt Fruit Selection Organic Milk	Homemade Jam & Cream Split Fruit Yoghurt Fruit Selection Organic Milk	Raspberry Ripple Ice Cream Sponge Roll Fruit Yoghurt Fruit Selection Organic Milk	Strawberry Jelly & Fresh Fruit Fruit Yoghurt Fruit Selection Organic Milk	Gluten Free Chocolate Muffin & Orange Wedges Fruit Yoghurt Fruit Selection Organic Milk
Key Stage Two	Veggie Meatballs & Onion Gravy (v) Creamed Potatoes, Broccoli Florets & Carrot Batons	BBQ Chicken Flatbread Paprika wedges, Garden Peas &	Roast Pork Sage & onion Stuffing & Gravy Roast Potatoes, Seasonal Cabbage & Carrot	Chinese Style Chicken Curry Mixed Vegetable	Golden Crumb Omega 3 Fish Fingers Oven Baked chips or New Potatoes & Garden Peas
	Baked Jacket Potato with Choice of Filling with Freshly Prepared Salad Selection	Sweet Pepper French Bread Pizza (v) with Potato wedges & Freshly Prepared Salad Selection	Freshly Baked Baguette with Tuna & Mayonnaise with Tortilla Chips & Freshly Prepared Salad Selection	Baked Jacket Potato with Choice of Filling with Freshly Prepared Salad Selection	Summer Picnic Mini Sandwich Rolls & Veggie Sausage Rolls with Tortilla Chips & Salad Sticks
	Spaghetti Neapolitan (v) with Homemade Garlic Dough Balls & Salad Selection	Lancashire Cheese & Potato Pie (v) with Broccoli Florets & Sliced Beetroot	Penne Pasta Arrabbiata (v) with Homemade Garlic Bread & Salad Selection	Pork or Vegetarian Sausage in a Bun & Tomato Ketchup with Herby Potatoes & Mixed Vegetable Medley	Homemade Pizza Margherita (v) with Oven Baked chips Or New Potatoes & Sweetcorn
	Oaty Biscuit & Apple Slices Fruit Yoghurt Fruit Selection Organic Milk	Homemade Jam & Cream Split Fruit Yoghurt Fruit Selection Organic Milk	Raspberry Ripple Ice Cream Sponge Roll Fruit Yoghurt Fruit Selection Organic Milk	Strawberry Jelly & Fresh Fruit Fruit Yoghurt Fruit Selection Organic Milk	Gluten Free Chocolate Muffin & Orange Wedges Fruit Yoghurt Fruit Selection Organic Milk

THE BLESSED SACRAMENT CATHOLIC PRIMARY SCHOOL

MENU – WEEK 2



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Reception / Key Stage One	Vegetarian Brunch (v) with Hash Brown & Baked Beans	Spaghetti Bolognese with Homemade Garlic Bread & Salad Selection	Roast Chicken with Sage & Onion stuffing & Gravy	British Beef Burger & Tomato Ketchup with Potato Wedges, Garden Peas & Sweetcorn	Crispy Battered Fish with Oven Baked Chips or New Potatoes & Mushy Peas
	Baked Jacket Potato with choice of Filling with Freshly Prepared Salad Selection	Freshly Baked baguette filled with Tuna & Mayonnaise with Herby Potatoes & Freshly Prepared salad Selection	Cheese & Tomato Pizza Panini Melt (v) with Paprika Potatoes & Freshly Prepared Salad Selection	Baked Potato with choice of Filling with Freshly Prepared salad Selection	Freshly Baked Vegetarian Sausage Roll (v) with Oven Baked Chips or New Potatoes & Baked Beans
	Tomato & Mascarpone Pasta (v) with Homemade Garlic Dough Balls & Broccoli Florets	Puff Pastry Cheese whirl(v) with Herby Potatoes Broccoli Florets & Baked Beans	Crispy Bubble Coated Salmon with Paprika Potatoes, Green Beans & Carrot Batons	Quorn & Sweet Potato Curry (v) with Mixed Rice & Naan Bread	Homemade Pizza Margherita (v) with Oven Baked Chips or New Potatoes & Salad Selection
	Chocolate Brownie & chocolate Sauce Fruit Yoghurt Fruit Selection Organic Milk	Fresh Fruit Medley & Vanilla Cream Fruit Yoghurt Fruit Selection Organic Milk	Strawberry jelly & Fresh Fruit Fruit Yoghurt Fruit Selection Organic Milk	Lancashire cheese & Crackers with Grapes Fruit Yoghurt Fruit Selection Organic Milk	Summer Treat Dessert Fruit Yoghurt Fruit Selection Organic Milk
Key Stage Two	Vegetarian Brunch (v) with Hash Brown & Baked Beans	Spaghetti Bolognese with Homemade Garlic Bread & Salad Selection	Roast Chicken with Sage & Onion stuffing & Gravy	British Beef Burger & Tomato Ketchup with Potato Wedges, Garden Peas & Sweetcorn	Crispy Battered Fish with Oven Baked Chips or New Potatoes & Mushy Peas
	Baked Jacket Potato with choice of Filling with Freshly Prepared Salad Selection	Freshly Baked baguette filled with Tuna & Mayonnaise with Herby Potatoes & Freshly Prepared salad Selection	Cheese & Tomato Pizza Panini Melt (v) with Paprika Potatoes & Freshly Prepared Salad Selection	Baked Potato with choice of Filling with Freshly Prepared salad Selection	Freshly Baked Vegetarian Sausage Roll (v) with Oven Baked Chips or New Potatoes & Baked Beans
	Tomato & Mascarpone Pasta (v) with Homemade Garlic Dough Balls & Broccoli Florets	Puff Pastry Cheese whirl(v) with Herby Potatoes Broccoli Florets & Baked Beans	Crispy Bubble Coated Salmon with Paprika Potatoes, Green Beans & Carrot Batons	Quorn & Sweet Potato Curry (v) with Mixed Rice & Naan Bread	Homemade Pizza Margherita (v) with Oven Baked Chips or New Potatoes & Salad Selection
	Chocolate Brownie & chocolate Sauce Fruit Yoghurt Fruit Selection Organic Milk	Fresh Fruit Medley & Vanilla Cream Fruit Yoghurt Fruit Selection Organic Milk	Strawberry jelly & Fresh Fruit Fruit Yoghurt Fruit Selection Organic Milk	Lancashire cheese & Crackers with Grapes Fruit Yoghurt Fruit Selection Organic Milk	Summer Treat Dessert Fruit Yoghurt Fruit Selection Organic Milk

Whilst every effort is made to produce the published menus, please note that they may vary occasionally subject to availability and individual school requirements.

THE BLESSED SACRAMENT CATHOLIC PRIMARY SCHOOL

MENU – WEEK 1



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Reception / Key Stage One	Pork or Vegetarian Sausages & Onion Gravy with Creamed Potatoes, Broccoli Florets & Carrot Batons	Crispy Fish Fillet Burger & Tomato Ketchup with Potato Wedges & Mixed Vegetable Medley	Roast Beef Yorkshire pudding & Gravy with Roast Potatoes, Seasonal Cabbage & Carrot Batons	Homemade chicken Curry with Mixed Rice & Naan Bread	Crispy Tempura Fish Goujons with Oven Baked Chips or New Potatoes & Garden Peas
	Freshly Baked baguette filled with tuna & Mayonnaise with Tortilla chips & Freshly Prepared Salad Selection	Cheese & Tomato French Bread Pizza (v) with Potato Wedges & Freshly Prepared Salad Selection	Baked Jacket Potato with choice of Filling with Freshly Prepared Salad Selection	Veggie Meatball Marinara Sub Roll (v) with Tortilla Chips & Freshly Prepared Salad Selection	Summer Picnic Mini Sandwich Rolls & Veggie Sausage Roll (v) with Tortilla Chips & Freshly prepared Salad Selection
	Four Cheese ravioli & Tomato Sauce (v) with Homemade Dough Balls & Salad Selection	Sweet Chilli Quorn & Veggie Noodles (v) with Mini Vegetable Spring rolls	Veggie Tomato & Pasta Bake (v) with Homemade Garlic Bread & Salad Selection	Free Range Lancashire Cheese Omelette (v) with Paprika Potatoes & Baked Beans	Homemade Pizza Margherita (v) with Oven Baked Chips or New Potatoes & Sweetcorn
	Seasonal Fruit with Crumble Topping & Ice Cream Fruit Yoghurt Fruit Selection Organic Milk	Strawberry jelly & Fresh Fruit Fruit Yoghurt Fruit Selection Organic Milk	Lancashire cheese & Crackers with Grapes Fruit Yoghurt Fruit Selection Organic Milk	Shortbread Biscuit & Melon Wedges Fruit Yoghurt Fruit Selection Organic Milk	Chocolate Cookie & Milkshake Fruit Yoghurt Fruit Selection Organic Milk
Key Stage Two	Pork or Vegetarian Sausages & Onion Gravy Creamed Potatoes, Broccoli Florets & Carrot Batons	Crispy Fish Fillet Burger & Tomato Ketchup Potato Wedges & Mixed Vegetable Medley	Roast Beef Yorkshire pudding & Gravy Roast Potatoes, Seasonal Cabbage & Carrot Batons	Homemade chicken Curry Mixed Rice & Naan Bread	Crispy Tempura Fish Goujons Oven Baked Chips or New Potatoes & Garden Peas
	Freshly Baked baguette filled with tuna & Mayonnaise with Tortilla chips & Freshly Prepared Salad Selection	Cheese & Tomato French Bread Pizza (v) with Potato Wedges & Freshly Prepared Salad Selection	Baked Jacket Potato with choice of Filling with Freshly Prepared Salad Selection	Veggie Meatball Marinara Sub Roll (v) with Tortilla Chips & Freshly Prepared Salad Selection	Summer Picnic Mini Sandwich Rolls & Veggie Sausage Roll (v) with Tortilla Chips & Freshly prepared Salad Selection
	Four Cheese ravioli & Tomato Sauce (v) with Homemade Dough Balls & Salad Selection	Sweet Chilli Quorn & Veggie Noodles (v) with Mini Vegetable Spring rolls	Veggie Tomato & Pasta Bake (v) with Homemade Garlic Bread & Salad Selection	Free Range Lancashire Cheese Omelette (v) with Paprika Potatoes & Baked Beans	Homemade Pizza Margherita (v) with Oven Baked Chips or New Potatoes & Sweetcorn
	Seasonal Fruit with Crumble Topping & Ice Cream Fruit Yoghurt Fruit Selection Organic Milk	Strawberry jelly & Fresh Fruit Fruit Yoghurt Fruit Selection Organic Milk	Lancashire cheese & Crackers with Grapes Fruit Yoghurt Fruit Selection Organic Milk	Shortbread Biscuit & Melon Wedges Fruit Yoghurt Fruit Selection Organic Milk	Chocolate Cookie & Milkshake Fruit Yoghurt Fruit Selection Organic Milk

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