

THE BLESSED SACRAMENT CATHOLIC PRIMARY SCHOOL

MENU



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Pork or Vegetarian Meatballs in mild chilli & sweet pepper sauce. Served with Mixed rice and broccoli	Lancashire Cheese & Potato Pie served with peas & carrots or Baked Beans.	Roast Chicken or Quorn fillet dinner Served with Roast Potatoes, Seasonal veg & gravy.	Booths beef or vegetarian burger in a bun. Served with Wedges and sweetcorn.	Homemade Pizza Served with Chip and beans or garden peas.
	Jacket potato Served with a choice of fillings. Salad Selection	Jacket potato Served with a choice of fillings. Salad Selection	Jacket potato Served with a choice of fillings. Salad Selection	Jacket potato Served with a choice of fillings. Salad Selection	NO JACKET POTATO
	Macaroni cheese served with crusty bread & salad	Vegetable Quesadilla served with herb wedges and salad	Tomato & Mascarpone pasta served with crusty bread and salad.	Pasta twists in a tomato sauce Served with crusty bread & salad	Fish Fingers Served with Chips and Beans or Peas.
					Tuna Sandwich
				Egg Sandwich	
				Cheese Sandwich	
Desserts	Toffee bananas & custard Or Yoghurt Organic Milk	Lancashire cheese & biscuits Or Low sugar jelly Organic Milk	Raspberry Bun or Fruit Yoghurt Organic Milk	Lemon biscuit with fruit wedges. Or Low sugar jelly Organic Milk	Chocolate crispy cake Or Fruit selection. Organic Milk

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Week 2	Vegetarian Sausage Roll and Tomato ketchup served with wedges and beans.	Chicken burger or veggie burger in a bun with Paprika wedges, peas & corn.	Booths pork or vegetarian toad in the hole served with roast potatoes, served with seasonal Veg & Gravy	Chicken or vegetarian curry served with Mixed rice & naan bread.	Homemade Pizza served with Chips and Sweetcorn or baked beans.
	Jacket potato Served with a choice of fillings.	Jacket potato Served with a choice of fillings.	Jacket potato Served with a choice of fillings.	Jacket potato Served with a choice of fillings.	NO JACKET POTATO
	Salad Selection	Salad Selection	Salad Selection	Salad Selection	
	Loaded pizza pocket Served with tortilla chips, vegetable sticks & dips.	Pasta spirals in a tomato sauce Served with dough balls and salad selection	Oriental vegetable noodles Served with spring rolls & sweet chilli sauce.	Tomato and mascarpone pasta served with crusty Bread & Salad	Harry Ramsdens crispy Battered Fish served with Chips and mushy peas.
					Tuna Sandwich
					Egg Sandwich
					Cheese Sandwich
Desserts	Toffee traybake and custard or Fruit Yoghurt with Fruit Selection Organic Milk	Vanilla biscuit with fruit wedges or Low sugar jelly Organic Milk	Strawberry mousse or fruit yoghurt with fruit selection Organic Milk	Lancashire cheese & biscuits Or Low sugar jelly Organic Milk	Chocolate cookie or fruit selection Organic Milk

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Week 3	BIG BRUNCH Booths pork or Quorn sausage, omelette, crispy potatoes and baked beans.	Savoury beef or Quorn mince & dumplings served with mashed potatoes and seasonal vegetables.	Roast Chicken or Quorn fillet dinner Served with Roast Potatoes, Seasonal veg & gravy.	Spaghetti bolognaise served with homemade dough balls and salad selection.	Homemade Pizza Served with chips and garden peas or baked beans.
	Jacket potato Served with a choice of fillings. Salad Selection	Jacket potato Served with a choice of fillings. Salad Selection	Jacket potato Served with a choice of fillings. Salad Selection	Jacket potato Served with a choice of fillings. Salad Selection	NO JACKET POTATO
	Salmon filet fish fingers served with crispy potatoes, peas & sweetcorn.	Tomato & mascarpone pasta served with herby bread & salad.	Vegetable & chickpea curry served with mixed rice & naan bread.	Puff pastry cheese whirl served with wedges & baked beans.	Fish Fingers Served with chips and peas or baked beans.
					Tuna Sandwich
					Egg Sandwich
					Cheese Sandwich
Desserts	Rice pudding & fruit jam Or Fruit yoghurt Organic Milk	Lancashire cheese & biscuits or Low sugar jelly Organic Milk	Oaty flapjack or fruit yoghurt Organic Milk	Shortbread biscuit & fruit wedges or low sugar jelly Organic Milk	Chocolate cupcake Fruit selection Organic Milk