

St. Vincent's Catholic Primary School

Weekly menu

WEEK ONE: W/C 5/9, 26/9, 17/10, 14/11, 5/12, 9/1, 30/1/23



Monday

Cottage Pie with Caramelised Onion & Thyme Gravy

Tuesday

Pizza Margherita with Chef's Salad
Eggs, Milk, Soybeans, Wheat

Wednesday

Herb Roast Turkey with Roast Potatoes or New Potatoes

Thursday

Beef Penne Pasta
Wheat

Friday

Battered Fish with Chips & Tomato Sauce
Fish, Wheat

Quorn & Vegetable Cottage Pie with Caramelised Onion & Thyme Gravy
Egg, Wheat

BBQ Style Chicken & Sweetcorn Pizza Margherita with Chef's Salad
Eggs, Milk, Soybeans, Wheat

Sweet Potato & Parsnip Wellington with Roast Potatoes
Wheat

Pasta Primavera
Milk, Wheat

Wholemeal Cheddar Cheese & Spinach Quiche with Chips
Eggs, Milk, Wheat

Salad Selection

Salad Selection

Salad Selection

Salad Selection

Salad Selection

Vegetable Selection

Vegetable Selection

Vegetable Selection

Vegetable Selection

Vegetable Selection

Fresh Fruit Platter

Fresh Fruit Platter

Fresh Fruit Platter

Fresh Fruit Platter

Berry Swirl Sponge with Custard
Eggs, Milk, Wheat
Fresh Fruit Platter
Yoghurt Milk

Yoghurt
Milk

Yoghurt
Milk

Yoghurt
Milk

Yoghurt
Milk

Available daily

Please ask the catering manager for food allergen information

Salad Selection ~ Vegetable Selection ~ Homemade Bread ~ Fresh Fruit Platter ~ Yoghurt

Red = Allergen

- All food is freshly prepared on site each day and if any of the 14 common food allergens present, they are listed in red against each menu item and are intended as a guide to help with the choice of meal. For operational reasons it may be necessary to alter a recipe at short notice and therefore **your child or the member of school staff who presents your child at the counter must check each time before being served with the food**
- The Company handles many of the 14 common food allergens in our busy kitchens and so therefore cannot guarantee that our food is 100% free from specific food allergens
- There are foods not on the list of 14 common food allergens which can cause allergic reactions in a small number of people and if your child has such an allergy, **they or school member must check each time before being served with the food.**

Our allergen process is written to protect the welfare of the children.

St. Vincent's Catholic Primary School

Weekly menu

WEEK TWO: W/C 12/9, 3/10, 31/10, 21/11, 12/12, 16/1, 6/2/23



Monday

Macaroni Cheese
Milk, Wheat

Pesto Style Salmon Pasta
Fish, Wheat

Salad Selection

Vegetable Selection

Fresh Fruit Platter

Yoghurt
Milk

Tuesday

Chicken Tikka Masala with Pilau Rice
Milk, Wheat

Sweet Potato & Chickpea Korma with Pilau Rice
Milk, Wheat

Salad Selection

Vegetable Selection

Fresh Fruit Platter

Yoghurt
Milk

Wednesday

Pork Sausage Roll with Potato Wedges & BBQ Style Sauce
Sulphites, Wheat

Carrot & Leek Pinwheel with Potato Wedges & BBQ Style Sauce
Eggs, Milk, Wheat

Salad Selection

Vegetable Selection

Fresh Fruit Platter

Yoghurt
Milk

Thursday

Beef Bolognese with Fusilli Pasta
Wheat

Quorn Bolognese with Fusilli Pasta
Eggs, Wheat

Salad Selection

Vegetable Selection

Fresh Fruit Platter

Yoghurt
Milk

Friday

Breaded Fish with Chips & Tomato Sauce
Fish, Wheat

Chilli Bean Wrap with Salsa & Chips
Wheat

Salad Selection

Vegetable Selection

Carrot & Orange Cake with Custard
Eggs, Milk, Wheat
Fresh Fruit Platter
Yoghurt Milk

Available daily

Please ask the catering manager for food allergen information

Salad Selection ~ Vegetable Selection ~ Homemade Bread ~ Fresh Fruit Platter ~ Yoghurt

Red = Allergen

- All food is freshly prepared on site each day and if any of the 14 common food allergens present, they are listed in red against each menu item and are intended as a guide to help with the choice of meal. For operational reasons it may be necessary to alter a recipe at short notice and therefore **your child or the member of school staff who presents your child at the counter must check each time before being served with the food**
- The Company handles many of the 14 common food allergens in our busy kitchens and so therefore cannot guarantee that our food is 100% free from specific food allergens
- There are foods not on the list of 14 common food allergens which can cause allergic reactions in a small number of people and if your child has such an allergy, **they or school member must check each time before being served with the food.**

Our allergen process is written to protect the welfare of the children.

St. Vincent's Catholic Primary School

Weekly menu

WEEK THREE: W/C 19/9, 10/10, 7/11, 28/11, 2/1, 23/1/23



Monday

BBQ Style Chicken with
Vegetable Rice
Wheat

Jacket Potato with Baked Beans
& Cheddar Cheese
Milk

Salad Selection

Vegetable Selection

Fresh Fruit Platter

Yoghurt
Milk

Tuesday

Italian Style Beef Meatballs,
Tomato & Herb Sauce with
Penne Pasta
Wheat

Cheese & Chive Vegetable
Pasta
Milk, Wheat

Salad Selection

Vegetable Selection

Fresh Fruit Platter

Yoghurt
Milk

Wednesday

Lemon & Thyme Chicken
Casserole with New Potatoes

Roast Root Vegetable Hotpot

Salad Selection

Vegetable Selection

Fresh Fruit Platter

Yoghurt
Milk

Thursday

Pork Sausages with Mashed
Potatoes
Sulphites

Quorn Sausages with Mashed
Potatoes
Eggs, Milk, Wheat

Salad Selection

Vegetable Selection

Fresh Fruit Platter

Yoghurt
Milk

Friday

Fish Fingers with Chips &
Tomato Sauce
Fish, Wheat

Cornish Style Pasty with
Rainbow Ribbon Salad & Chips
Wheat

Salad Selection

Vegetable Selection

Chocolate Sponge with
Chocolate Sauce
Eggs, Milk, Wheat
Fresh Fruit Platter
Yoghurt **Milk**

Available daily

Please ask the catering manager for food allergen information

Salad Selection ~ Vegetable Selection ~ Homemade Bread ~ Fresh Fruit Platter ~ Yoghurt

Red = Allergen

- All food is freshly prepared on site each day and if any of the 14 common food allergens present, they are listed in red against each menu item and are intended as a guide to help with the choice of meal. For operational reasons it may be necessary to alter a recipe at short notice and therefore **your child or the member of school staff who presents your child at the counter must check each time before being served with the food**
- The Company handles many of the 14 common food allergens in our busy kitchens and so therefore cannot guarantee that our food is 100% free from specific food allergens
- There are foods not on the list of 14 common food allergens which can cause allergic reactions in a small number of people and if your child has such an allergy, **they or school member must check each time before being served with the food.**

Our allergen process is written to protect the welfare of the children.