St Jude & St Paul's **TUESDAY** WEDNESDAY THURSDAY FRIDAY **MONDAY** Menu 23 24 **WEEK ONE** Fish Fingers and Chips Cheese and Tomato Minced Beef Lentil & Roasted Option one BBQ Chicken with Skin on Pizza (V) (📳 Cottage Pie Vegetables Pasty with W/C Roast Potatoes M ash 30 October Roasted Cauliflower (1) Glamorgan Bean Quorn Tagine with Cous-Option two Quiche and Chips 20 November Curry & 50/50 Rice (VE) Sausages with Jacket Chicken Arrabbiata Pasta Cous Wedges (V) 11 December Broccoli (VE) Cauliflower (VE) 15 January Peas (VE) Carrots (VE) Sweetcorn (VE) Vegetables Mixed Vegetables (VE) Green Beans (VE) **5** February Baked Beans (VE) Cabbage (VE) Green Beans (VE) 4 March 25 March Pear Crumble with Yoghurt and Yoghurt and M andarin and Banana Loaf (V) Dessert Fresh Fruit Station (V) Fresh Fruit Station (V) Custard (V)() Cinnamon Cake Custard **WEEK TWO** Chicken Sausages with Roast Chicken, Skin on Beef Lasagne (VE) Battered Fish & Chips Beef Bolognaise Mash Potato & Gravy Option one Roast Potatoes and Gravy W/C Hearty Spaghetti **6 November** Lentil Wellington with Skin Plant Sausage and Chips Cheesy Bean Puffs (V) Bolognaise M exican Bean Fajitas with on Roast Potatoes (VE) 27 November Option two (VE) 50/50Rice 18 December Cabbage (VE) Cauliflower (VE) Peas (VE) 22 January Carrots (VE) Sweetcorn (VE) Carrots (VE) Green Beans (VE) Vegetables Baked Beans (VE) Broccoli (VE) Mixed Vegetables (VE) 19 February 11 March Yoghurt and Yoghurt and **Eves Pudding** Pear & Ginger Slice (V) 5 A Day Cake (V) Fresh Fruit Station (V) Fresh Fruit Station (V) Dessert with Custard (V) Custard Custard **WEEK THREE** Roast Turkey with Skin on Roasted Vegetable Fish Fingers Option one Classic Mac & Cheese Jollof Rice, Quorn & Roast Potatoes and Pizza (V) and Chips Beans (V) Gravv W/C Chickpea & Vegetable Chilli con Carne Chicken Tagine 13 November M exican Enchiladas Option two Hot Pot with Broccoli Pasta Bake (VE) with 50/50 Rice with 50/50 Rice and Rice (V) 4 December Mash Potato (VE) 8 January Carrot (VE) Sweetcorn (VE) Broccoli (VE) Vegetables Cabbage (VE) 29 January Peas (VE) Green Beans (VE) Peas (VE) Cauliflower (VE) Carrots (VE) Baked Beans (VE) 26 February 18 March Yoghurt and Apple & Raisin Strudel Yoahurt and Peach Upside Down Cake Rice Pudding with Fruit Dessert Fresh Fruit Station (V) with Custard (V) Fresh Fruit Station (V) Compote (V) with Custard (V) ALLERGY INFORMATION: MENU KEY Planet Friendly W holemeal Vegan (VE) (V) Vegetarian If you would like to know about particular allergens in foods please Added Plant Power Option ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked Available Daily: to complete a form to ensure we have the necessary information Freshly cooked jacket potatoes with a choice of fillings (where advertised) - Bread freshly baked on site daily- Daily salad selection to cater for your child. We use a large variety of ingredients in the Fresh Fruit and Yoghurt is available daily preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination