

St. Theresa's Catholic Primary School – Menu 2015

<u>Week 1</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Meat / Fish Choice	Homemade Shepherd's Pie	Roast Chicken & Stuffing with Roast Potatoes	Oven Baked Sausages with Yorkshire Pudding and Creamy Mashed Potatoes	Homemade Chicken Curry with Wholemeal Rice	Oven Baked Salmon Fish Fingers with a Baked Potato
Vegetarian Choice	Homemade Cheese Flan with New Potatoes	Homemade Vegetarian Lasagne with Organic Bread	Quorn Sausages with Yorkshire Pudding and Creamy Mashed Potatoes	Homemade Bean and Lentil Burger in a Homemade Bun with Coleslaw	Homemade Penne Pasta with a Sweet Tomato & Basil Sauce
Vegetable / Salads	Garden Peas Salad Bar	Fresh Broccoli Salad Bar	Fresh Carrots Salad Bar	Sweetcorn Salad Bar	Baked Beans Salad Bar
Dessert	Homemade Wholemeal Carrot Cake Organic Fruit Yoghurt Cheese & Biscuits Fresh Fruit Pots	Homemade Oaty Apple Crumble Frozen Yoghurt Cheese & Biscuits Fresh Fruit Pots	Fresh Fruit Salad Organic Fruit Yoghurt Cheese & Biscuits	Chocolate Cracknel Frozen Yoghurt Cheese & Biscuits Fresh Fruit Pots	Fruit in Jelly with Ice Cream Organic Fruit Yoghurt Cheese & Biscuits Fresh Fruit Pots

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<u>Week 2</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Meat / Fish Choice	Homemade Lemon Roasted Chicken with Roast Potatoes	Homemade Pizza with Ham	Homemade Meat Balls in Tomato Sauce with Spaghetti	Homemade Chicken Pie with Creamy Mashed Potatoes	Homemade Wholemeal Tuna Wrap with Salad
Vegetarian Choice	Homemade Quorn Stir Fry in a Sweet and Sour Sauce with Noodles	Homemade Margherita Pizza	Homemade Sweet Potato & Lentil Korma with Wholemeal Rice	Baked Potato with Baked Beans and Coleslaw	Homemade Macaroni Cheese
Vegetable / Salads	Fresh Broccoli Salad Bar	Baked Beans Salad Bar	Fresh Carrots Salad Bar	Garden Peas Salad Bar	Mini Corn on the Cob Salad Bar
Dessert	Homemade Peach Crumble Frozen Yoghurt Cheese & Biscuits Fresh Fruit Pots	Fresh Fruit Salad Organic Fruit Yoghurt Cheese & Biscuits	Homemade Sticky Toffee Muffin Frozen Yoghurt Cheese & Biscuits Fresh Fruit Pots	Homemade Chocolate Cookie Organic Fruit Yoghurt Cheese & Biscuits Fresh Fruit Pots	Homemade Lemon Iced Sponge Organic Fruit Yoghurt Cheese & Biscuits Fresh Fruit Pots

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<u>Week 3</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Meat / Fish Choice	Homemade Beef Lasagne with Organic Bread	Homemade Chicken Pasta Bake	Roast Chicken and Stuffing with Roast Potatoes	Organic Beefburger in a Homemade Bun with Tomato Relish and Oven Baked Chips	Oven Baked Fish Fingers with Baked Potato
Vegetarian Choice	Homemade Quorn Cottage Pie	Homemade Cheese Flan with New Potatoes	Homemade Pasta Provencal	Quorn Hot Dog in a Roll with Tomato Relish and Oven Baked Chips	Homemade Lentil and Vegetable Curry with Wholemeal Rice
Vegetable / Salads	Fresh Carrots Salad Bar	Baked Beans Salad Bar	Fresh Broccoli Salad Bar	Mini Corn on the Cob Salad Bar	Garden Peas Salad Bar
Dessert	Fresh Fruit Salad Frozen Yoghurt Cheese & Biscuits	Homemade Apple Sponge Organic Fruit Yoghurt Cheese & Biscuits Fresh Fruit Pots	Fruit in Jelly with Ice Cream Organic Fruit Yoghurt Cheese & Biscuits Fresh Fruit Pots	Homemade Chocolate Muffin Frozen Yoghurt Cheese & Biscuits Fresh Fruit Pots	Homemade Shortbread Biscuit with Flavoured Milk Organic Fruit Yoghurt Cheese & Biscuits Fresh Fruit Pots

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<u>Week 4</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Meat / Fish Choice	Roast Turkey with Roast Potatoes	Chicken Nuggets with Tomato Relish and Oven Baked Chips	Homemade Cajun Chicken with Wholemeal Rice	Homemade Beef Bolognese with Pasta	Homemade Fish Pie with New Potatoes
Vegetarian Choice	Homemade Macaroni Cheese	Homemade Potato and Sweetcorn Frittata	Homemade Margareta Pizza	Homemade Quorn Bolognese with Pasta	Baked Potato with Baked Beans and Coleslaw
Vegetable / Salads	Garden Peas Salad Bar	Baked Beans Salad Bar	Mini Corn on the Cob Salad Bar	Fresh Broccoli Salad Bar	Fresh Carrots Salad Bar
Dessert	Homemade Plum Crumble Frozen Yoghurt Cheese & Biscuits Fresh Fruit Pots	Homemade Iced Bun Organic Fruit Yoghurt Cheese & Biscuits Fresh Fruit Pots	Fresh Fruit Salad Frozen Yoghurt Cheese & Biscuits	Homemade Flapjack Organic Fruit Yoghurt Cheese & Biscuits Fresh Fruit Pots	Homemade Lemon Muffin Organic Fruit Yoghurt Cheese & Biscuits Fresh Fruit Pots