



St Joseph's RC Primary School



Lunch Menu – Term: Autumn Term (Gluten/Wheat Free Week)



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course (Meat/Fish Option)	Sweet Chilli Lamb Strips with Rice	Mixed Pepper & Ham Omelette	Beef Bolognese with Courgetti	Cheesy Topped Chicken	Baked Fish with Lemon + Herb Butter
Main Course (Vegetarian Option)	Spiced Cauliflower and Peas with Rice	Herby Colcannon	Baba Ganoush with Crudités (baby corn and cucumber batons)	Rice Cakes with Avocado Spread	Quinoa, Broccoli & Feta Cheese Salad
Main Course (Third Option)	Jacket Potato with Cheese or Beans	Jacket Potato with Plain Tuna + Corn or Cream Cheese & Chives	Jacket Potato with Coleslaw or Bolognese	Jacket Potato with Tomato Salsa or Tuna Mayo + Red Onion	Jacket Potato with Egg + Chive Mayo or Mixed Beans
Cooked Vegetables	Spinach & Carrots	Sweetcorn & Broccoli	Garlic Mushrooms & Corn on the Cob	Roast Potatoes & Green Beans	Sweet Potato Chips & Minted Peas
Fresh Food	Gluten & Wheat Free Bread/Corn Cakes	Gluten & Wheat Free Bread/Corn Cakes	Gluten & Wheat Free Bread/Corn Cakes	Gluten & Wheat Free Bread/Corn Cakes	Gluten & Wheat Free Bread/Corn Cakes
	Salad Bar (vegetables, coleslaw & mixed beans)	Salad Bar (vegetables, coleslaw & mixed beans)	Salad Bar (vegetables, coleslaw & mixed beans)	Salad Bar (vegetables, coleslaw & mixed beans)	Salad Bar (vegetables, coleslaw & mixed beans)
Dessert	Fruit Compote & Cream <i>(Inc. dairy-free option)</i>	Jelly	Baked Apple with Sultanas & Custard <i>(Inc. dairy-free option)</i>	Frozen Yoghurt	Meringue Nests with Peach Slices <i>(Inc. dairy-free option)</i>
Daily	 Fresh Fruit and Yoghurt available every day 				

* Desserts: Dairy free recipes (or soya alternatives) will be provided where possible