





St Joseph's RC Primary School

Lunch Menu – Term: Autumn Term (Italian Week)



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course (Meat/Fish Option)	Italian Sausage and Ham Tortelloni in a Cream Sauce	Naples Pizzettas (minced beef, basil, tomato & mozzarella)	Chicken Cacciatore with Polenta	Beefy Melanzane Parmigiana	Italian Roasted Fish with Tomatoes, Olives and Basil
Main Course (Vegetarian Option)	Spinach and Ricotta Tortelloni in a Tomato Sauce	Tuscan Panzanella (ciabatta bread pieces, tomatoes, peppers & capers)	Mushroom Ragout with Polenta	Aubergine Parmigiana	Pasta E Fagioli (orzo pasta with beans)
Main Course (Third Option)	Jacket Potato with Spaghetti Strands or Cheese	Ciabatta Crostini (salami & cheese or salami & tomato)	Mediterranean Vegetable Focaccia & Cheese or Prosciutto	Jacket Potato with Spaghetti Hoops or Cheese	Insalata Caprese (mozzarella, tomato & basil)
Cooked Vegetables	Green Beans & Radish	Beetroot & Spinach	Broccoli & Carrots	Mushrooms & Roasted Fennel	Italian Garlicky Peas & Cauliflower
Fresh Food	Homemade White & Wholemeal Bread Salad Bar (vegetables, coleslaw & mixed beans)	Homemade White & Wholemeal Bread Salad Bar (vegetables, coleslaw & mixed beans)	Homemade White & Wholemeal Bread Salad Bar (vegetables, coleslaw & mixed beans)	Homemade White & Wholemeal Bread Salad Bar (vegetables, coleslaw & mixed beans)	Homemade White & Wholemeal Bread Salad Bar (vegetables, coleslaw & mixed beans)
Dessert	Milano Panettone <i>(Inc. dairy-free option)</i>	Tiramisu (decaffeinated!)	Gelato <i>(Inc. dairy-free option)</i>	Mr Castagno's Coconut Biscuit Buttons	Amalfi Lemon Cake <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