





St Joseph's RC Primary School

Lunch Menu – Term: Autumn Term



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course (Meat/Fish Option)	Sausage & Mash With Gravy (pork sausage)	Minced Beef & Cherry Tomato Penne Pasta Bake	Barbecue Chicken & Caribbean Rice with Kidney Beans	Savoury Minced Lamb & Yorkshire Pudding	Breaded Fish Nuggets & Chips
Main Course (Vegetarian Option)	Quorn Sausage & Mash with Gravy	Vegetable Penne Pasta Bake (courgettes & Peppers)	Corn on the Cob & Caribbean Rice with Kidney Beans	Quorn Mince & Yorkshire Pudding	Rigatoni al Pomodoro (pasta tubes with tomatoes & basil)
Main Course (Third Option)	Cheese or Tuna Pitta Pocket	Jacket Potato with Coleslaw or Tuna & Sweetcorn	Cheese or Turkey Slice Pitta Pocket	Jacket Potato with Mince or Tuna & Sweetcorn	Jacket Potato with Cheese and/or Beans
Cooked Vegetables	Peas & Sweetcorn	Beetroot & Broccoli	Chard & Carrots	Roasted Diced Turnip & Peas	Peas & Sweetcorn
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	Frozen Yoghurt <i>(Inc. dairy-free option)</i>	Trifle (fruit jelly, cream, sponge & custard)	Individual Coconut or Caramel Cupcakes <i>(Inc. dairy-free option)</i>	Peach & Pineapple Crumble with Custard	Fruit Cups <i>(Dairy-free)</i>
Daily	 Fresh Fruit and Yoghurt available every day 				

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