





St Joseph's RC Primary School

Lunch Menu – Term: Autumn Term

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course (Meat/Fish Option)	Sausage & Chips with Ketchup (pork sausage)	Beef Mince Pie & Gravy (pastry crust)	Chicken & Jollof Rice	Irish Lamb Stew	Fish Finger Sandwich (pitta bread with Ketchup/Mayonnaise)
Main Course (Vegetarian Option)	Quorn Sausage & Chips with Ketchup	Vegetable Pie & Gravy (pastry crust)	Roasted Plantain & Jollof Rice	Irish Champ	Farfalle Provencal (pasta bows & roasted vegetable sauce)
Main Course (Third Option)	Cheese or Turkey Slice Wrap	Jacket Potato with Tuna or Beans	Jacket Potato with Cheese or Coleslaw	Cheese or Turkey Slice Pitta Pocket	Jacket Potato with Tuna & Sweetcorn or Beans
Cooked Vegetables	Peas & Baked Beans	Roasted Diced Pumpkin & Leeks	Roasted Plantain & Spinach	Sweetcorn & Broccoli	Roasted Diced Butternut Squash & Peas
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	Arctic Roll	Banana Split (half banana topped with squirry cream & raisins) <i>(Inc. dairy-free option)</i>	Fruit Jelly with Fruit Pieces <i>(Dairy-free)</i>	Chocolate Beetroot Cake	Homemade Gingerbread Biscuits <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*