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	Fish Fingers & Chips with Tomato Relish
Main Course (Vegetarian Option)	Quorn Sausage & Mash with Gravy	Vegetable Penne Pasta Bake (courgettes & peppers)	Quorn mini-fillets & Caribbean Rice with Kidney Beans	Quorn Mince & Yorkshire Pudding	Vegetable Samosa & Rice with Mango Salsa
Main Course (Third Option)	Tuna or Turkey Pitta Pocket	Jacket Potato with Coleslaw or Beans	Cheese or Turkey Slice Pitta Pocket	Jacket Potato with Mince or Tuna & Sweetcorn	Jacket Potato with Cheese or Coleslaw
Cooked Vegetables	Broccoli & Sweetcorn	Beetroot & Cauliflower	Spinach & Corn on the cob	Roasted Diced Carrots & Peas	Runner Beans & Spinach
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, fresh tune/salmon & mixed beans)
Dessert	Fresh Fruit Portion *(Dairy-free)*	Trifle (fruit jelly, cream, sponge & custard)	Individual Cupcakes (Lime & Coconut or Apple & Caramel) *(Inc. dairy-free option)*	Peach & Pineapple Crumble with Custard	Fruit Choice *(Dairy-free)*
Daily	Fresh Fruit and Yoghurt available every day				