

ST. STEPHEN'S CATHOLIC PRIMARY SCHOOL – AUTUMN LUNCH MENU 2021/22

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|--|---|
| Week 1  Begins w/c 6.9.21 | <i>Homemade Macaroni Cheese</i> Or <i>Vegetarian sausage roll, potatoes, beans or peas</i> Or <i>Filled jacket potato</i> Or <i>A ham, cheese or tuna sandwich</i> <i>Vanilla ice cream</i> | <i>Roast gammon, roast potatoes, stuffing, carrots, broccoli and gravy</i> Or <i>Cajun chicken with tomato penne, carrots and broccoli</i> <i>Filled jacket potato</i> Or <i>A ham, cheese or tuna sandwich</i> <i>Fresh fruit/yoghurt</i> | <i>Pork sausage, creamed potatoes, gravy with carrots/peas</i> Or <i>Chilli beef served with 50/50 rice</i> Or <i>Filled jacket potato</i> Or <i>A ham, cheese or tuna sandwich</i> <i>Homemade blueberry cake</i> | <i>Homemade spaghetti Bolognese served with garden peas</i> Or <i>Homemade cheese flan, potato wedges, peas or beans</i> Or <i>Filled jacket potato</i> Or <i>A ham, cheese or tuna sandwich</i> <i>Fresh fruit/jelly</i> | <i>Oven baked fish stars, chunky chipped potatoes, garden peas or beans</i> Or <i>Crumb coated chicken, chunky chipped potatoes, garden peas or beans</i> Or <i>Filled jacket potato</i> Or <i>A ham, cheese or tuna sandwich</i> <i>Homemade shortbread biscuit</i> |
| Week 2  Begins w/c 13.9.21 | <i>Margherita pizza served with herby diced potatoes, sweetcorn</i> Or <i>Filled jacket potato</i> Or <i>A ham, cheese or tuna sandwich</i> <i>Fresh fruit/Vanilla ice cream</i> | <i>Roast turkey, roast potatoes, stuffing, carrots, broccoli and gravy</i> Or <i>Tomato and mascarpone Pasta Bake</i> Or <i>Filled jacket potato</i> Or <i>A ham, cheese or tuna sandwich</i> <i>Fresh fruit/yoghurt</i> | <i>Minced beef and onion pie, creamed potatoes and vegetables</i> Or <i>Chicken curry served with 50/50 rice</i> Or <i>Filled jacket potato</i> Or <i>A ham, cheese or tuna sandwich</i> <i>Fresh fruit/jelly</i> | <i>Italian chicken with sauté potatoes, vegetables</i> Or <i>Tuna and cheese puffs, sauté potatoes, vegetables</i> Or <i>Filled jacket potato</i> Or <i>A ham, cheese or tuna sandwich</i> <i>Fruit crumble and custard</i> | <i>Oven baked salmon with chunky chips and beans/peas</i> Or <i>Chicken poppers with chunky chips and beans/peas</i> Or <i>Filled jacket potato</i> Or <i>A ham, cheese or tuna sandwich</i> <i>Fruit/cookies</i> |
| Week 3  Begins w/c 20.9.21 | <i>Tomato pasta bake with vegetables</i> Or <i>Crumb coated Quorn, diced potatoes and baked beans</i> Or <i>Filled jacket potato</i> Or <i>A ham, cheese or tuna sandwich</i> <i>Rice pudding/vanilla ice cream</i> | <i>Roast chicken creamed potatoes, stuffing, carrots, broccoli and gravy</i> Or <i>Homemade cheese and potato pie served with carrots/broccoli</i> Or <i>Filled jacket potato</i> Or <i>A ham, cheese or tuna sandwich</i> <i>Fresh fruit/yoghurt</i> | <i>Chicken tikka masala served with 50/50 rice</i> Or <i>Cottage pie served with seasonal vegetables</i> Or <i>Filled jacket potato</i> Or <i>A ham, cheese or tuna sandwich</i> <i>Fresh fruit/flapjacks</i> | <i>Pork meatballs in tomato sauce with pasta and peas</i> Or <i>Or filled jacket potato</i> Or <i>A ham, cheese or tuna sandwich</i> <i>Fresh fruit/fruit jelly</i> | <i>Battered fish served with chunky chips and peas or beans</i> Or <i>Chicken fillet with chunky chips and beans/peas</i> Or <i>Filled jacket potato</i> Or <i>A ham, cheese or tuna sandwich</i> <i>Choice of dessert</i> |

Vegetarian alternatives available *Fresh milk or water, unlimited salad available*