



St. Albans Catholic Primary



October 2017 -April 2018

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|--|
| <u>Option 1</u> | Meatballs G M and Pasta G with Homemade Tomato Sauce and Crusty Bread. G | Homemade Chicken and Vegetable Pie G C M with Potatoes, Carrots and Broccoli. | Turkey with Sage and Onion Stuffing, G Potatoes, Cauliflower Cheese, G M Peas and Carrots. | Beef Bourguignon G C with Roast or Mashed Potatoes, Broccoli and Sweetcorn. | Battered Salmon and Chips with Baked Beans or Peas. G F |
| <u>Option 2</u> | Quorn Meatballs. E G | Quorn Sausage. G M | Vegetable Roast. M G | Quorn Dippers. G E M | Muffin Omlette E M |
| <u>Option 3</u> | Jacket Potato with Cheese M , or Tuna E , F | Jacket Potato with Cheese M , or Tuna F , E | Jacket Potato with Cheese M , or Tuna E , F | Jacket Potato with Cheese M , or Tuna E , F | Jacket Potato with Cheese M , or Tuna E , F |
| <u>Dessert</u> | Orange Sponge and Custard. G E M | Fruity Flapjack. G | ShortBread. G | Toffee Apple Crumble G and Custard. M | Raspberry Ripple Icecream. M |
| Fresh bread, salad, milk, juice & water are available with every meal. Fresh fruit or yogurt is available as an alternative to the main dessert daily. | | | | | |
| Food Allergens are shown in RED . G - GLUTEN F - FISH M - MILK E - EGG C - CELARY MT - MUSTARD | | | | | |



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| <u>Option 1</u> | Beef Lasagne with Peas, Sweetcorn and French Stick G M | Bubble Crumb Fish with Boiled Potatoes, Carrots, Peas and Parsley Sauce. M F G | Sausage G and Yorkshire Pudding G M E with Potatoes, Broccoli and Carrots. | Chilli Con Carne and Rice with Sweetcorn and Green Beans. | Fish Cake G, F, M and Chips with Peas and Sweetcorn. |
| <u>Option 2</u> | Quorn Sausage in a Tomato and Basil Sauce. G M | Hot Vegetable Crumble. G M | Quorn Chicken | Margarita Pizza M G with Sweetcorn and Baked Beans. | Broccoli and Cheese Quiche. E G M |
| <u>Option 3</u> | Jacket Potato with Cheese M , or Tuna E, F | Jacket Potato with Cheese M or Tuna E, F | Jacket Potato with Cheese M or Tuna E, F | Jacket Potato with Cheese M or Tuna E, F | Jacket Potato with Cheese M or Tuna E, F |
| <u>Dessert</u> | Rice Pudding with Blueberry Sauce. M | Fruit Muffins. G E M | Strawberry Mousse M or Crackers and Cheese. M G | Steamed Sponge G E and Custard M | Fruity Jelly and Cream. M |



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| <u>Option 1</u> | Pasta Bolognese G with Crusty Bread G Broccoli and Sweetcorn. | Shepherds Pie with Carrots, Cabbage and Peas. | Roast Beef and Yorkshire Pudding G M E with Carrots, Peas, and Brussels. | BBQ Chicken Breast with Diced Potatoes Broccoli and Sweetcorn. | Fish G F and Chips with Peas and Baked Beans. |
| <u>Option 2</u> | Ratatouille and Pasta. G | Quorn Sausage Roll. G M | Vegetable Fingers. G M | Macaroni Cheese. G M | Vegetable Burger. G |
| <u>Option 3</u> | Jacket Potato with Cheese M or Tuna E, F . | Jacket Potato with Cheese M , or Tuna E, F | Jacket Potato with Cheese M , or Tuna E, F | Jacket Potato with Cheese M , or Tuna. E, F | Jacket Potato with Cheese E , or Tuna E, F |
| <u>Dessert</u> | Chocolate Crunch G E and Strawberry Sauce. M | Iced Vanilla Sponge G E | Rosalie Biscuit G | Pancakes G M E with Fruit and Icecream. M | Cornflour Biscuits G with Milk Shake. M |
| Fresh bread, salad, milk, juice & water are available with every meal. Fresh fruit or yogurt is available as an alternative to the main dessert daily. | | | | | |