



# St. Albans Catholic Primary



**April 2018 - October 2018**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b><u>Option 1</u></b>	BBQ Chicken Pasta with Crusty Bread, Peas and Sweetcorn. <b>G E</b>	Cornish Pasties <b>G</b> with Diced Potatoes, Peas and Baked Beans.	Local Butchers Sausage <b>G</b> with Yorkshire Pudding <b>G M E</b> Broccoli, Carrots and Gravy.	Chicken Tikka Massala <b>M</b> with Rice Mixed Vegetables and Sweetcorn.	Breaded Small Fry with Chips and Mushy Peas. <b>G F</b>
<b><u>Option 2</u></b>	Vegetable Jambalya <b>C</b>	Burger in a Bun. <b>G</b>	Macaroni Cheese <b>MT, M, G</b>	Sticky Sausage. <b>G E MT.</b>	Hot and Kickin Quorn. <b>M</b>
<b><u>Option 3</u></b>	Jacket Potato with Cheese <b>M</b> , or Tuna <b>E. F</b>	Jacket Potato with Cheese <b>M</b> , or Tuna <b>F, E</b>	Jacket Potato with Cheese <b>M</b> , or Tuna <b>E, F</b>	Jacket Potato with Cheese <b>M</b> , or Tuna <b>E, F</b>	Jacket Potato with Cheese <b>M</b> , or Tuna <b>E, F</b>
<b><u>Dessert</u></b>	Chocolate Sponge and Custard. <b>G E M</b>	American Pancakes <b>G M E</b> with Fruit and Icecream <b>M</b>	Rosalie Biscuits. <b>G</b>	Pineapple Sponge with Mango Cream <b>G M E.</b>	Chocolate and Vanilla Mousse. <b>M</b>
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 <b>RED. G - GLUTEN F - FISH M - MILK E - EGG C - CELARY MT - MUSTARD</b>					



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<u>Option 1</u>	Pasta Bolognese and Garlic bread with Broccoli and Sweetcorn. <b>G M</b>	Sweet Chilli Chicken Breast <b>G</b> with Diced Potatoes, Peas and Baked Beans.	Roast Pork and Apple Sauce with Potatoes Carrots, Spring Cabbage and Gravy. <b>G.</b>	Deil Roll Day with Tortilla Chips and Salad Bar. <b>G C E.</b>	Salmon and Sweet Potato Fish Cake <b>G</b> <b>F</b> or Fishcake <b>G M F</b> with Chips Peas and Sweetcorn.
<u>Option 2</u>	Vegetable Lasagne. <b>G</b> <b>M.</b>	Muffin Omlette. <b>E M.</b>	Vegetable Nuggets <b>G.</b>	Deil Roll Day <b>G.</b>	Curried Pasties <b>G</b>
<u>Option 3</u>	Jacket Potato with Cheese <b>M,</b> or Tuna <b>E,F</b>	Jacket Potato with Cheese <b>M</b> or Tuna <b>E,F</b>	Jacket Potato with Cheese <b>M</b> or Tuna <b>E,F</b>	Jacket Potato with Cheese <b>M</b> or Tuna <b>E,F</b>	Jacket Potato with Cheese <b>M</b> or Tuna <b>E,F</b>
<u>Dessert</u>	Ginger Biscuits. <b>G.</b>	Apple Pie and Custard <b>G</b> <b>M.</b>	Lemon Mousse <b>M</b> or Summer Crunch Pots <b>M</b> <b>G.</b>	Orange Sponge with Chocolate Fudge Topping <b>G M E</b>	Ice Cream Tubs. <b>M</b>



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<u>Option 1</u>	Pastitsio <b>G M.</b> with Garlic Bread <b>G</b> , Greek Salad and Sweetcorn.	Meatballs <b>G</b> in Tomato and Basil Sauce with Rice, Broccoli and Carrots.	Roast Chicken and Stuffing with Cauliflower Cheese, <b>G M MT</b> , Peas and Carrots.	Beef Burritos <b>G</b> and Potato Wedges with Baked Beans and Salad.	Cod Bites <b>G F</b> and Chips with Peas and Sweetcorn.
<u>Option 2</u>	Quorn Sausage and Tomato Pasta. <b>G M</b>	Chicken Style Strips in Black Bean Sauce. <b>G</b>	Vegetable Pasties. <b>G M</b>	Margarita Pizza <b>G M</b> with Potato Wedges Baked Beans and Salad.	Quinoa and Falafel Burger.
<u>Option 3</u>	Jacket Potato with Cheese <b>M</b> or Tuna <b>E,F</b> .	Jacket Potato with Cheese <b>M</b> , or Tuna <b>E,F</b>	Jacket Potato with Cheese <b>M</b> , or Tuna <b>E,F</b>	Jacket Potato with Cheese <b>M</b> , or Tuna. <b>E,F</b>	Jacket Potato with Cheese <b>E</b> , or Tuna <b>E,F</b>
<u>Dessert</u>	Icecream Sponge Roll <b>G M.</b>	Custard Tart <b>G M.</b>	Muffins. <b>G E M.</b>	Crunchy Summer Crumble <b>G</b> and Custard. <b>M</b>	Fruity Jelly and Cream. <b>M</b>
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.					