



# St. Albans Catholic Primary

## November 2018- April 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Option 1</u>	Pasta Bolognaise and Crusty Bread with Broccoli and Sweetcorn. <b>G</b>	Breakfast Roll with Pommes Noisettes Baked Beans and Peas. <b>G</b>	Roast Beef and Yorkshire Pudding <b>G M</b> with Cabbage, Carrots and Peas.	Mince Beef Hotpot <b>G</b> with Potatoes, Carrots and Mixed Vegetables.	Fish Cake <b>G M F</b> or Salmon and Sweet Potato Fish Cake with Chips Peas and Sweetcorn.
<u>Option 2</u>	Quorn Bolognaise <b>G</b>	Breakfast Roll <b>G E M</b>	Broccoli and Cheese Bake. <b>G M MT.</b>	Quorn Sausage Roll <b>G M</b>	Cheese Tomato and Mushroom Traybake <b>G M</b>
<u>Option 3</u>	Jacket Potato with Cheese <b>M</b> , or Tuna <b>E</b> . <b>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</b>
<u>Dessert</u>	Steamed Sponge and Custard. <b>G E M</b>	Rice Pudding with Sultanas. <b>M</b>	Toffee Cheesecake <b>G M.</b>	Fruit Muffins. <b>G M E</b>	Raspberry Ripple Icecream Tubs <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</b> . <b>G - GLUTEN F - FISH M - MILK E - EGG C - CELERY MT - MUSTARD</b>					



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	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Option 1</u>	Beef Lasagne with Garlic Bread <b>G M MT</b> and Peas and Sweetcorn.	Shephards Pie with Peas and Baked Beans.	Butchers Sausage and Yorkshire Pudding with Cauliflower Cheese, Peas and Carrots. <b>G M E MT</b>	BBQ Chicken Breast <b>G</b> with Pasta Shells or Rice, Spaghetti Hoops <b>G</b> and Peas.	Breaded Small Fry <b>G</b> and Chips with Mushy Peas or Garden Peas.
<u>Option 2</u>	Chicken Style Burger in a Bun with Diced Potatoes. <b>G</b>	Cheese and Tomato Scrolls. <b>G M</b>	Hot Vegetable Crumble <b>G M.</b>	Vegetable Paella <b>C</b>	Spicy Vegetable Burger. <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>	Choc Chip Sponge and Custard. <b>G M E</b>	Fruity Flapjack <b>G</b>	Rosalie Biscuits. <b>G</b>	Apple Pie and Custard. <b>G M</b>	Fruity Jelly and Cream <b>M</b>



# St. Albans Catholic Primary



October 2018 - April 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Option 1</u>	BAKED POTATO BAR with a Choice of Hot and Cold Fillings.	Chicken and Vegetable Pie <b>G C</b> with Potatoes, Carrots and Mixed Vegetables.	Turkey Breast with Stuffing Potatoes, Roasted Parsnips, Carrots and Broccoli. <b>G</b>	Beef Sliders with Diced Potatoes, Peas and Spaghetti Hoops. <b>G M</b>	Fish Fingers and Chips with Peas and Sweetcorn. <b>F G</b>
<u>Option 2</u>	Choice of Panini's <b>G</b>	Best of British Quorn Sausage. <b>G M</b>	Macaroni Cheese. <b>G M</b> <b>MT</b>	Margarita Pizza with Diced Potatoes, Peas and Spaghetti. <b>G M</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>E</b> , or Tuna <b>E,F</b>
<u>Dessert</u>	Dorset Apple Cake and Custard. <b>G M E</b>	Rocky Road. <b>M G E</b>	Carrot Cake <b>G E</b>	Toffee Sponge and Custard <b>M G E</b>	Cornflour Biscuits and Milkshake. <b>G 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.					