

# St Ignatius Primary School Autumn/Winter 2017 Menu



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meal Option 1</b>	Chicken Sausages with Homemade Creamed Mash Potatoes and Onion Gravy	Italia style Lamb Meatballs serve with Tagliatelli	Afrocarib Mild Jerk Chicken with Jollof Rice	Beef Burger in a Floured Bun with Burger Sauce	Salmon bites with Oven Baked Chips
<b>Meal Option 2</b>	Vegetables and Cheese Wrap	Jacket Potato with Baked Beans	Leek and Lentil Pie with Mixed Salad	Veggie Burger in a Floured Bun with Veggie Sauce	Macaroni and Cheese
<b>Vegetables</b>	Mixed Vegetables	Sliced Green Beans	Cauliflower	Baked Beans	Sweet Corn Peas
<b>Salad Bar</b>	Tomato and Basil Mixed Salad Greek Salad	Diced Cucumber Lettuce Tomato Wedges	Cucumber and Cherry Tomatoes Coleslaw	Grated Carrots Sliced Cucumber Wholegrain Pasta Salad	Tomato and Basil Coleslaw Mixed Salad
<b>Main Dessert</b>	Wholemeal Apple Crumble with Custard	Wholemeal Apple Crumble with Custard Jelly and Fruit	Fruit Cocktail with Ice Cream	Pineapple Sponge with Custard	Sliced Peach with Custard
<b>2<sup>nd</sup> Dessert</b>	Fruit and Yoghurt (Orange)	Fruit and Yoghurt (Banana)	Fruit and Yoghurt (Apple)	Fruit and Yoghurt (Grapes)	Fruit and Yoghurt (Honeydew Melon)
<b>Other</b>	Fresh Organic Bread and Water Is Available Daily. All Children Must Have A Piece Of Fruit Daily.				

Week 1 Commencing 06/11/17, 27/11/17, 18/12/17, 01/01/18, 22/01/18,

# St Ignatius Primary School Autumn/Winter 2017 Menu



Week 2	Monday Meat Free Day		Tuesday		Wednesday		Thursday		Friday	
<b>Meal Option 1</b>	Margarita Pizza with Sweet Pepper and Sweetcorn Topping		Beef Spaghetti Bolognaise		BBQ Chicken Roast Potato with Gravy		Lamb Ragu with Vegetables and Fried Rice		Jumbo Fish Fingers with Oven Baked Chips	
<b>Meal Option 2</b>	Jacket Potato with Baked Beans		5 Bean and grated carrot Wholemeal Wraps		Cheese and Onion Quiche		Vegetable and Butter Bean Ratatouille		Vegetable Nuggets with Chips	
<b>Vegetables</b>	Baked Beans		Sliced Carrots		Broccoli		Sliced Green Beans		Peas	
<b>Salad Bar</b>	Sliced Beetroot Mixed Leaf Salad with Coleslaw		Tossed Mixed Salad Diced Cucumber Sweetcorn Red Peppers		Carrot and Cucumber Green Salad Cherry Tomatoes		Caesar's Salad Coleslaw Mixed Green Salad		Cherry Tomatoes Waldorf Salad Leaf Salad	
<b>Main Dessert</b>	Wholemeal Fruit Sponge with Custard		Wholemeal Shortbread		Fruit with Jelly		Wholemeal Coconut Sponge with Custard		Wram Jam Doughnut	
<b>2<sup>nd</sup> Dessert</b>	Fruit and Yoghurt (Pears)		Fruit and Yoghurt (Orange)		Fruit and Yoghurt (Honey Dew Melon)		Fruit and Yoghurt (Banana)		Fruit and Yoghurt (Apples)	
<b>Other</b>	Fresh Organic Bread and Water Is Available Daily. All Children Must Have A Piece Of Fruit Daily.									

**Week Commencing 13/11/17, 04/12/17, 08/01/18, 29/01/18,**

# St Ignatius Primary School Autumn/Winter 2017 Menu



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meal Option 1</b>	Vegetable Chow mein ( stir-fry vegetable with noodles)	Chicken Curry with Plain Rice	Roast Lamb and Roast Potatoes with Gravy	Chicken Burger in a Floured Bun	Fish Fingers with Oven Baked Chips
<b>Meal Option 2</b>	Wholemeal Cheese and Onion Quiche	Five Beans and Cheese Tacos	Lentils Bake serve with roast potatoes	Vegetable Burger in a Floured Bun	Pasta provencal (pasta in tomots and basil sauce)
<b>Vegetables</b>	Sweet Corn	Carrots Roundels	Broccoli	Baked Beans	Peas
<b>Salad Bar</b>	Mixed Leaf Salad Greek Salad Tomato	Coleslaw Slice Cucumber Tomatoes	Green Salad Grated Carrots Tomatoes	Wholemeal Pasta Salad Diced Cucumber Mixed Salad	Couscous Sliced Tomatoes Mixed Salad
<b>Main Dessert</b>	Wholemeal Chocolate Sponge with Chocolate Sauce	Raspberry and Lemon Muffins Served with Cream	Fresh Fruit Salad	Wholemeal Banana Sponge with Custard	Rice Pudding with Fruit Jam Sauce
<b>2<sup>nd</sup> Dessert</b>	Fruit and Yoghurt (Banana)	Fruit and Yoghurt (Apples)	Fruit and Yoghurt (Orange)	Fruit and Yoghurt (Honeydew Melon)	Fruit Yoghurt (Grapes)
<b>Other</b>	Fresh Organic Bread and Water Is Available Daily. All Children Must Have A Piece Of Fruit Daily.				

Week 3 Commencing 30/10/17, 20/11/17, 11/12/17, 15/01/18, 05/02/18