



we



have

a



right

to



eat



healthy food

Lunch Menu

St Bernards School

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
First Choice	Sausages Potatoes Vegetables and Gravy	Beef and Pepper Stew with Rice	Breaded Chicken Vegetables Diced Potatoes	Macaroni Cheese Garlic Bread	Cheese and Ham Pin wheel Baked Beans Chips
Second Choice	Tomato and Basil Pasta Bake Garlic Bread	Tuna and Onion Mayo with Pitta Bread Salad Coleslaw	Halloumi and Vegetable Pasta in a Tomato Sauce	Jacket Potato Chicken Mayo with Salad	Fish Fingers Baked Beans Chips
Sweet Treats	Mousse Fresh Fruit	Biscuits Fresh Fruit	Yoghurt Fresh Fruit	Cake Fresh Fruit	Ice Cream Fresh Fruit

If you have any questions about allergens or intolerances please speak to Teresa or Diane in the kitchen



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Lunch Menu

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WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
First Choice	Sweet and Sour Rice	Pie of the Day Vegetables Potatoes Gravy	Fish Cakes Diced Potatoes Baked Beans	Beef Bolognese Spaghetti	Burgers Chips Peas
Second Choice	Tuna Mayo Pasta and Salad	Tomato and Basil Pasta Bake	Jacket Potato Cheese and Baked Beans	Cheese and Ham Wrap Salad Coleslaw	Pizza Chips Peas
Sweet Treats	Mousse Fresh Fruit	Flapjack Fresh Fruit	Fruit Yoghurt Fresh Fruit	Jelly Fresh Fruit	Cake Fresh Fruit

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Lunch Menu

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WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
First Choice	Chicken Curry Rice	Mince Beef Vegetables Potatoes	Baked Ham Gravy Vegetables Potatoes	Meatballs with Pitta Bread and Salad	Breaded Fish Peas Chips
Second Choice	Ham Pasta Salad in Mayo with a Salad	Chicken Mayo in Pitta Bread Salad	Tomato and Basil Pasta Bake Garlic Bread	Jacket Potato Tuna and Onion Mayo Salad	Cheese and Onion Roll Peas Chips
Puddings	Mousse Fresh Fruit	Jelly Fresh Fruit	Cheese Cake Fresh Fruit	Yoghurt Fresh Fruit	Cake Fresh Fruit

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