

PRIMARY MENU 2019 St Francis

	Monday	Tuesday	Wednesday	Thursday	Friday
Menu 2 16th week 1	Chicken Curry with Brown Rice and Naan Bread or Steakburger in bap, Peas, Mashed Potato Selection of Breads	Oven Baked Homemade Chicken Goujons+Dips Sweet & Sour Chicken & Rice, Sweet corn, Salads Mashed Potato, Chips Selection of Bread	Roast Turkey, Stuffing and Gravy Baton Carrots, Broccoli Dry Roast and Mashed Potatoes Selection of Breads	Pasta Bolognese & Healthy Garlic Bread or Homemade cheese & Tomato Pizza Peas, Selection of Salads Mashed Potato	Oven Baked Sausages or Tuna Wrap Baked Beans Sweetcorn Selection of Salads Chips, Mashed Potato Selection of Breads
17th week 1	Sponge Cake & Custard or Fruit & Yoghurt	Frozen Strawberry Mousse & Wafers, Fruit & Yoghurt	Chocolate Cake & Custard Fruit & yoghurt	Selection of Breads One Crust Apple Pie & Custard or Fruit Yoghurt	Selection of Breads Ice cream & Jelly & Chocolate Sauce
23th sept week 2	Spaghetti Bolognese Plain or BBQ Chicken Gravy, pasta Selection of Breads Peas Mash Potato	Chicken Curry & Brown Rice with Naan Bread or Crusty Bread Homemade Marguerita Pizza Sweetcorn Selection of Salads Mashed Potato, Chips Frozen Mousse & Wafers & Fruit, Yoghurt	Fresh Fish Goujons or Pasta carbonara Mixed Vegetables, Pasta Mashed Potato Selection of Breads	Roast Turkey, Gammmon Stuffing and Gravy Cauliflower Cheese Diced carrots Dry Roast and Mashed Potatoes Selection of Breads Chocolate Cake & Fruit, Yoghurt	Lasagne Healthy Garlic Bread Oven Baked Sausage Selection of Salads Peas & Sweet corn chips Selection of Breads Ice cream & Jelly, Wafers Fruit & Yoghurt
30th sept week 3	Home Made Marguerita Pizza or Sweet & Sour Chicken & Brown Rice Carrots, Broccoli Mashed Potato, Selection of Breads Chocolate Sponge & Custard or Fruit or Yoghurt	Chicken Curry with Brown Rice, Naan Bread Steak burger in bap Peas, Mashed Potatoes, Chips Selection of Breads	Cod Fish Fingers or Spaghetti Bolognese Crusty Bread, Peas Sweet corn Mashed Potato Selection of Breads	Roast Turkey with Stuffing and Gravy or Carrot & Parsnip Dry Roast & Mashed Potatoes, Crusty Breads Fruit Pot, Cookie & Custard, Fruit & Yoghurt	Hotdog or Chicken or Tuna Wrap Baked Beans Salad, Coleslaw Chips, Mashed Potato Selection of Breads Ice cream & Jelly Chocolate Sauce Yoghurt, Fruit
7th OCT week 4	Chicken Curry with Brown Rice and Naan Bread or Homemade Marguerita Pizza, Peas, Selection of Salads, Mashed Potato jelly & Wafers, fruit Pots Fruit or Yoghurt	Chicken Pasta Bake Steakburger in a Bap with Onions or Salad, Mash Potatoes, Chips Selection of Breads	Roast Chicken or Roast Gammmon Stuffing and Gravy Diced Carrots, Broccoli Dry Roast and Mashed Potatoes Selection of Breads	Spaghetti Bolognese or Cod Fish Fingers Sweetcorn Selection of Salads Mashed Potato Selection of Breads	Chicken Nuggets or Chicken or Tuna Wraps Baked Beans, Salad Sweet corn, Chips Mashed Potato Selection of Breads
14th OCT week 4	Chicken Curry with Brown Rice and Naan Bread or Homemade Marguerita Pizza, Peas, Selection of Salads, Mashed Potato jelly & Wafers, fruit Pots Fruit or Yoghurt	Chicken Pasta Bake Steakburger in a Bap with Onions or Salad, Mash Potatoes, Chips Selection of Breads	Roast Chicken or Roast Gammmon Stuffing and Gravy Diced Carrots, Broccoli Dry Roast and Mashed Potatoes Selection of Breads	Spaghetti Bolognese or Cod Fish Fingers Sweetcorn Selection of Salads Mashed Potato Selection of Breads	Chicken Nuggets or Chicken or Tuna Wraps Baked Beans, Salad Sweet corn, Chips Mashed Potato Selection of Breads

School food

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Bread, Fresh Fruit, Yoghurt, Milk and Water are available daily.

If you require any additional information on allergens or special diets please contact the school in the first instance.

