

## St. Francis Catholic Primary School Autumn Menu 2017

<b>Week 1 Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Pasta Day (Plain & Wholemeal Pasta) Carbonara Tomato & Herb Macaroni Cheese (E,G,Mk)	Sausage in a Bun with Ketchup (E,G)	Roast Gammon with Yorkshire Pudding and Gravy (E,G)	Chicken Tikka Masala (Mu)	Harry Ramsden Fish Fillet (E,F,G)
		Roast Quorn Fillet (E,G)	Vegetable Masala (Mu)	Quorn Dippers (E,G,Mk)
Salad Bar Olive Bread	Vegetarian Sausage in a Bun (E,G)	Roast Potatoes, Carrots and Green Beans	Wholegrain & White Rice Naan Bread Salad Bar	Chips Garden Peas
Fresh Fruit Platter	Chocolate Cupcake (E,G,Mk)	100% Fruit Juice Ice Lollies	Lemon Shortbread (G)	Melon Trio

<b>Week 2 Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Ham & Pineapple Pizza Margherita Pizza (E,G,Mk)	Pasta Bolognaise (E,G,Mk)	Roast Chicken with Yorkshire Pudding and Gravy (G,Mk)	Picnic Day Baguette with Cheese, Tuna, or Ham Carrot & Cucumber Sticks (F,G,Mk)	Birds Eye Chunky Fish Finger (F,G,Mk)
		Stuffing Topped Quorn		Cheese Omelette (E,Mk)
Crusty Bread Sweetcorn	Garlic Bread Sweetcorn & Garden Peas (G)	Roast Potatoes Carrots & Garden Peas	Fruit Pots Milkshake or Juice and Various Biscuits (G,Mk)	Baked Beans Chips
Cheese, Biscuits & Grapes (G,Mk)	Coconut & Cranberry Cookies (G, Mk)	Ice Cream Pots (Mk)		Try a New Fruit Day

<b>Week 3 Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Chicken Chunks Sweet and Sour (E,G,Mk)	Pizza Day Pepperoni Margherita (E,G,Mk)	Roast Pork with Yorkshire Pudding & Gravy	Grilled Chicken Breast Kobez Kebab (G,Mu)	Fish Bites (E,F,G,Mk)
Vegetable Sweet and Sour (E,G,Mk)		Quorn Parcel (G,Mk)	Roasted Vegetable Kobez Kebab (G,Mu)	Vegetable Crispbake in a Bun (E,G,Mk)
Wholegrain & White Rice Vegetable Medley (G)	Coleslaw Crusty Bread Salad Bar	Roast Potatoes Carrots and Broccoli	Cous Cous Roasted Vegetables	Chips Baked Beans & Garden Peas
Watermelon Wedges	Sticky Orange Cake (E,G,Mk)	Frozen Fruit Yoghurt (Mk)	Peaches with Cream & Strawberry Sauce (Mk)	Raspberry Ripple Buns (E,G,Mk)

Fresh salad bar with a variety of at least six freshly made salads and choice of fresh fruit or yoghurt every day. Fresh milk & water available each day on request.

**ALLERGENS** Ce = Celery, Cr = Crustacean, E = Eggs, F = Fish, G = Cereals containing Gluten  
L = Lupin, Mk = Milk, Mo = Molluscs, Mu = Mustard, N = Nuts, P = Peanuts  
Se = Sesame Seeds, So = Soya, Su = Sulphur Dioxide

