

ALLERGY INFORMATION: If your child has an allergy or intolerance please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child.

St Saviours Menu
Oct '18 - April '19
v2



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Main Beef or Chicken Sausages * with Mash & Gravy	Chicken and Vegetable Stir Fry with Noodles (Free Range)	Roast Beef with Roast Potatoes and Gravy	Chicken Tikka with Rice	MSC Salmon Fishcake/ Fishfingers with Chips and Homemade Tomato Sauce
	Vegetarian Macaroni Cheese with Garlic Slice	Vegetable Enchiladas with Rice	Homemade Quorn Roast with Roast Potatoes and Gravy	Bean and Vegetable Hotpot	Cheese and Red Pepper Whir
		Roasted Mixed Peppers Green Beans	Carrot and Swede Mash Cauliflower	Sweet corn Broccoli	Baked Beans Garden Peas
		Chocolate Mandarin Sponge with Custard	Pineapple Upside Down Cake with Custard	Apple & Raisin Strudel with Custard	Banana Loaf with Sliced Banana and Milk
	Dessert Organic Fruit Yoghurt Fresh Fruit Platter	Organic Fruit Yoghurt Fresh Fruit Platter	Organic Fruit Yoghurt Fresh Fruit Platter	Organic Fruit Yoghurt Fresh Fruit Platter	Organic Fruit Yoghurt Fresh Fruit Platter
Week 2	Main Beef Burger with Jacket Wedges	Chicken Paella (Free Range)	Roast Turkey with Stuffing Roast Potatoes and Gravy	Spaghetti Beef Bolognese (Organic Beef)	MSC Breaded Fish with Chips, Homemade Tomato Sauce
	Vegetarian Soya Mince Lasagne Jacket Wedges	Sweet and Sour Quorn with Noodles	Mixed Vegetable Loaf with Roast Potatoes and Gravy	Chickpea Curry with Rice	Wholemeal Cheese & Tomato Quiche with Chips
		Broccoli Sweet corn	Savoy Cabbage Roast Parsnips	Butternut Squash Cauliflower	Baked Beans Garden Peas
		Oaty Peach Crumble with Custard	Apple and Berry Cobbler with Custard	Eves Pudding with Custard	Organic Fruit Yoghurt Fresh Fruit Station
	Dessert Organic Fruit Yoghurt Fresh Fruit Platter	Organic Fruit Yoghurt Fresh Fruit Platter	Chocolate & Banana Square with Sliced Banana and Milk	Organic Fruit Yoghurt Fresh Fruit Platter	
Week 3	Main Chicken Arrabiata Pasta (Free Range)	Cottage Pie with New Potatoes and Gravy (Organic Beef)	Roast Chicken with Stuffing Roast Potatoes and Gravy	Beef Lasagne with Garlic Bread	MSC Battered Fish with Chips, Homemade Tomato Sauce
	Vegetarian Mixed Bean Chili with Rice	Shepherdess Pie with New Potatoes and Gravy	Vegetable Wellington with Roast Potatoes and Gravy	Red Pepper Frittata with Sweet Potato Wedges	Cheese & Tomato Pizza with Chips
		Green Beans Carrots	Savoy Cabbage Sweetcorn	Leeks Cauliflower	Baked Beans Garden Peas
	Dessert Dutch Apple Pie with Custard Organic Fruit Yoghurt Fresh Fruit Platter	Rice Pudding with Fruit Compote Organic Fruit Yoghurt Fresh Fruit Platter	Cheese and Crackers with Apple Wedges Organic Fruit Yoghurt Fresh Fruit Platter	Pear and Chocolate Crumble with Custard Organic Fruit Yoghurt Fresh Fruit Platter	Lemon and Cucumber Cake with Cucumber Sticks or Dried Fruit and Milk Organic Fruit Yoghurt Fresh Fruit Platter



*Halal Sites - Chicken Sausage
All other Sites - School Selection

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