

Lunch Menu Autumn 2024

Week One

W/C: 2/9,7/10,11/11,16/12

Meat Free Monday

- V Cheese & Tomato Pizza & Baked Beans
- V Baked Potato with Grated Cheese & Baked Beans Cheese, Tuna or Ham Roll
- All accompanied by carrot sticks and cucumber
- Mixed Fresh Melon

Tuesday

- Chicken & Tomato Pasta & Carrots
- Vg Roasted Vegetable & Tomato Pasta & Carrots
- V Baked Potato with Grated Cheese Cheese, Tuna or Ham Roll
- All accompanied by a fresh, seasonal salad
- V Rhubarb & Apple Crumble with Cream
- or
- Fresh Fruit

Wednesday

- GF Roast Chicken Fillet, Vg GF Roast Potatoes with Seasonal Vegetables & V GF Gravy
- V Macaroni Cheese with Seasonal Vegetables
- V Baked Potato with Grated Cheese Cheese, Tuna or Ham Roll
- All accompanied by a fresh, seasonal salad
- Fresh Fruit Selection or V Yoghurt

Thursday

- V Pesto Pasta & Baby Carrots
- V Cheese & Onion Pastie with Baked Beans
- Vg Baked Potato with Baked Beans Cheese, Tuna or Ham Roll
- All accompanied by a tomato salad
- V Chocolate Swirl Mousse
- or
- Fresh Fruit

Friday

- * Breaded Fishcake, Vg GF Oven Chips & Peas
- Vg Vegetable Samosa, Vg GF Oven Chips & Peas
- V Baked Potato with Grated Cheese Cheese, Tuna or Ham Roll
- All accompanied with sliced cucumber salad
- V Chocolate Chip Muffin
- or
- Fresh Fruit

Week Two

W/C: 9/9,14/10,18/11

Meat Free Monday

- V Macaroni Cheese with Mixed Vegetables
- V Baked Potato with Grated Cheese & Baked Beans Cheese, Tuna or Ham Roll
- All accompanied by carrot sticks and cucumber
- Fresh Chopped Watermelon

Tuesday

- GF Chicken Tikka Malala, Vg GF Rice & Peas
- Vg Spinach, Potato & Chickpea Curry, Vg GF Rice & Peas
- V Baked Potato with Grated Cheese Cheese, Tuna or Ham Roll
- All accompanied by a fresh, seasonal salad
- V Vanilla Sponge Cake
- or
- Fresh Fruit

Wednesday

- GF Roast Chicken Vg GF Roast Potatoes, Seasonal Vegetables & V GF Gravy
- V Vegetarian Sausage Roll, Vg GF Roast Potatoes, Seasonal Vegetables & V GF Gravy
- V Baked Potato with Grated Cheese
- All accompanied by a fresh, seasonal salad
- Cheese, Tuna or Ham Roll
- Fresh Fruit Selection or V Yoghurt

Thursday

- * Beef Burger & Bun with Ketchup
- Vg Vegetable Burger & bun with Ketchup Baby Carrots
- V Baked Potato with Grated Cheese Cheese, Tuna or Ham Roll
- All accompanied by a lettuce & tomato salad
- V Strawberry Swirl Mousse
- or
- Fresh Fruit

Friday

- * Breaded White Fish Fillet Vg GF Oven Chips, & Peas
- Vg Vegetable Samosa Vg GF Oven Chips & Peas
- V Baked Potato with Grated Cheese Cheese, Tuna or Ham Roll
- All accompanied with sliced cucumber salad
- V Oreo Cookie Bar
- or
- Fresh Fruit

Week Three

W/C: 16/9,21/10 (half term) 25/11

Meat Free Monday

- Vg Tomato & Basil Pasta with Peas
- V Baked Potato with Grated Cheese & Baked Beans Cheese, Tuna or Ham Roll
- All accompanied by carrot sticks and cucumber
- Fresh Fruit Selection

Tuesday

- * Pork Sausage, V Mash Potato & Mixed Vegetables
- Vg Vegetable Sausage, V Mash Potato & Mixed Vegetables
- V Baked Potato with Grated Cheese Cheese, Tuna or Ham Roll
- All accompanied by a fresh, seasonal salad
- V Chocolate, Pear & Apple Crumble with Cream
- or
- Fresh Fruit

Wednesday

- GF Roast Chicken, Vg GF Roast Potatoes, Seasonal Vegetables & V GF Gravy
- V Macaroni Cheese, Vg, Seasonal Vegetables
- V Baked Potato with Grated Cheese Cheese, Tuna or Ham Roll
- All accompanied by a fresh, seasonal salad
- V Fruit Yoghurt
- or
- Fresh Fruit

Thursday

- GF Minced Beef & Bean Taco with Carrots
- GF Vg Vegetable & Bean Taco with Carrots
- V Baked Potato with Grated Cheese Cheese, Tuna or Ham Roll
- All accompanied by a fresh, seasonal salad
- V Vanilla Ice Cream
- or
- Vg Fresh Fruit

Friday

- * Breaded Fishcake, Vg GF Oven Chips & Baked Beans
- Vg Vegetable Samosa, Vg GF Oven Chips & Baked Beans
- V Baked Potato with Grated Cheese & Baked Beans Cheese, Tuna or Ham Roll
- All accompanied with sliced cucumber salad
- V Caramel Wafer Biscuit
- or
- Vg Fresh Fruit

Lunch Menu Autumn 2024

Week Four

W/C: 23/9, 28/10 (half term), 2/12

Meat Free Monday

- Vg Vegetarian Sausage Roll with New Potatoes & Peas
 V Baked Potato with Grated Cheese
 Cheese, Tuna or Ham Roll
 All accompanied by carrot sticks and cucumber
 Fresh, Chopped Watermelon

Tuesday

- *Pork Sausage, V GF Hash Brown, & Baked Beans
 Vg Vegetarian Sausage, V GF Hash Brown, & Baked Beans
 V Baked Potato with Grated Cheese or Baked Beans
 Cheese, Tuna or Ham Roll
 All accompanied with a fresh side salad
 Vg Strawberry Malt Loaf Bar
 or
 Fresh Fruit

Wednesday

- GF Roast Chicken, V GF Roast Potatoes,
 Mixed Vegetables & V GF Gravy
 V Macaroni Cheese & Mixed Vegetables
 V Baked Potato with Grated Cheese
 Cheese, Tuna or Ham Roll
 All accompanied with a fresh side salad
 V Yoghurt
 or
 Fresh Fruit

Thursday

- GF Mild Beef Chilli with Rice & Carrots
 GF Vg Bean & Lentil Chilli & Carrots
 V Baked Potato with Grated Cheese
 Cheese, Tuna or Ham Roll
 All accompanied with a fresh side salad
 V Chocolate Ice Cream
 or
 Fresh Fruit

Friday

- * Breaded White Fish Fillet, Vg GF Oven Chips & Peas
 Vg Breaded Vegetable Burger, Vg GF Oven Chips & Peas
 V Baked Potato with Grated Cheese or Baked Beans
 Cheese, Tuna or Ham Roll
 All accompanied with cucumber slices
 V Chocolate Chip Muffin
 or
 Fresh Fruit



Week Five

W/C: 30/9, 4/11, 9/12

Meat Free Monday

- V Baked Potato with Grated Cheese
 GF Vg Vegetable Paella
 Cheese, Tuna or Ham Roll
 All accompanied by carrot sticks and cucumber
 Duo of Tropical Fruits (Melon, Pineapple)

Tuesday

- Mexican Chicken Fajita Vg Sliced Carrots & Rice
 Vg Vegetable & Mixed Bean Fajita in Tomato Sauce with
 Vg Sliced Carrots & Rice
 V Baked Potato with Grated Cheese or Baked Beans
 Cheese, Tuna or Ham Roll
 All accompanied with a fresh side salad
 Vg American Style Pancakes with Chocolate Sauce
 or
 Fresh Fruit

Wednesday

- GF Roast Chicken, Vg GF Roast Potatoes,
 Mixed Vegetables & V GF Gravy
 V Broccoli & Cauliflower Cheese, Vg GF Roast Potatoes,
 Mixed Vegetables
 V Baked Potato with Grated Cheese
 Cheese, Tuna or Ham Roll
 All accompanied with a fresh side salad
 V Yoghurt
 or
 Fresh Fruit

Thursday

- Vg Tomato & Basil Pasta & Peas
 V Vegetarian Sausage Roll & Peas
 V Baked Potato with Grated Cheese
 Cheese, Tuna or Ham Roll
 All accompanied with a fresh side salad
 V GF Strawberry Ice cream
 or
 Fresh Fruit

Friday

- * Breaded Fishcake, Vg GF Oven Chips & Beans
 Vg Vegetable Samosa, Vg GF Oven Chips & Beans
 V Baked Potato with Grated Cheese
 Cheese, Tuna or Ham Roll
 All accompanied with cucumber slices
 V Caramel Wafer Biscuit
 or
 Fresh Fruit

As with all food retailers our suppliers take every care to remove bones from relative products. Fish and meat products may contain bones due to the way the products are manufactured.

Support & Serve

Fresh & Local

We are all so fortunate to live in a country with four distinct seasons and the variety of fruits and vegetables this provides. It makes for a delicious, varied, healthy diet.

All meals we provide are made fresh here at St Joseph's kitchen daily. We support local businesses where possible ensuring that we can always offer a wide range of fresh, varied, local produce.

Along with a varied hot meal, children have the option of a freshly baked potato or a choice of soft white roll accompanied by a salad of the day and a dessert.

Our menu reflects the importance of offering a varied & healthy "home cooked" meal for all pupils every day with the chance to introduce new flavours in to their diet.

Please note that if there is an availability issue, the changes we need to make will be communicated to all schools as soon as possible.

V Vegetarian Vg Vegan

GF Gluten Free *Gluten Free Available

Vegan Cheese Available on Request

