

Lunch Menu Summer 2019

Week One

W/C: 22/04/19, 27/05/19, 01/07/19

Monday

- * Fresh Pork Sausage
- Vg Vegetable Sausage
- V GF Mashed Potato, Green Beans, & Carrots
- V GF Gravy
- V GF Orange Jelly
- V GF Fresh Fruit or Fruit Yoghurt

Tuesday (Meat Free Day)

- V GF Baked Potato with Baked Beans & Cheese
- V GF Chickpea & Lentil Curry with Rice
- Coleslaw salad & Spinach Salad
- V Vanilla Ice Cream
- V GF Fresh Fruit or Fruit Yoghurt

Wednesday

- GF Roast Chicken Fillet
- V Cauliflower Cheese
- V Yorkshire Pudding
- V GF Roast Potatoes, Peas & Sweetcorn
- V GF Gravy
- V GF Fresh Fruit Selection

Thursday

- Beef & Tomato Pasta Bake
- V GF Lentil & Vegetable Casserole
- Broccoli & Garlic Bread
- V Strawberry Mousse
- V GF Fresh Fruit or Fruit Yoghurt

Friday

- * Breaded Fish Fillet
- Vg Vegetable Samosas
- V GF Chips & Peas
- V Chocolate Chip Muffin
- V GF Fresh Fruit or Fruit Yoghurt

Baked Potatoes with Cheese or Tuna and Fresh

Week Two

W/C: 29/04/19, 03/06/19, 08/07/19

Monday

- GF Chicken Tikka Masala
- Vg Vegetable Curry
- V GF Rice & Broccoli
- Vg Chapatti
- V GF Mango & Orange Smoothie
- V GF Fresh fruit or Fruit Yoghurt

Tuesday (Meat Free Day)

- V Margherita Pizza
- Vg Pasta Neapolitan
- Carrot sticks & Cucumber
- V Lemon Drizzle Cake
- V GF Fresh fruit or Fruit Yoghurt

Wednesday

- GF Roast Gammon Ham
- V Mac 'n' Cheese
- V GF Roast Potatoes, Green Beans, & Baby Carrots
- V GF Gravy
- V GF Fresh fruit Selection

Thursday

- V Taco
- GF Beef Chilli
- V GF Bean & Vegetable Chilli
- V GF Rice & Farmhouse Vegetables
- V GF Raspberry Ripple Mousse
- V GF Fresh fruit or Fruit Yoghurt

Friday

- * Fish Fingers
- V Vegetable Nuggets
- V GF Chips & Baked Beans
- V Blueberry Muffin
- V GF Fresh fruit or Fruit Yoghurt

Baked Potatoes with Cheese or Tuna and Fresh

Week Three

W/C: 06/05/19, 10/06/19, 15/07/19

Monday

- GF Beef Bolognaise
- V GF Vegetable Bolognaise
- Vg Plain Pasta
- Peas & Carrots
- V GF Fresh Melon Pieces
- V Fruit Yoghurt

Tuesday (Meat Free Day)

- V GF Baked Potato with Baked beans & cheese
- V GF Lentil & Vegetable Chilli with Rice
- Sweetcorn & Broccoli
- V Scotch Pancakes with Chocolate sauce
- V GF Fresh Fruit or Fruit Yoghurt

Wednesday

- GF Roast Turkey
- V Stuffed Peppers
- V GF Roast Potatoes, Baby Carrots & Green Beans
- V GF Gravy
- V GF Fresh Fruit Selection

Thursday

- Bacon Carbonara
- Vg Penne Pomodoro
- V Farmhouse Mixed Vegetables & Garlic Bread
- V Carrot Cake
- V GF Fresh Fruit or Fruit Yoghurt

Friday

- * Breaded Fishcake
- V Cheese & Onion Pastry
- V GF Chips & Peas
- V Vanilla Choc-Chip Muffin
- V GF Fresh Fruit or Yoghurt selection

Baked Potatoes with Cheese or Tuna and Fresh

Lunch Menu Summer 2019

Week Four

W/C: 13/05/19, 17/06/19, 22/07/19

Monday

- * Pork Meatballs
- V GF Quorn Meatballs
- Vg Penne Pasta, Peas & Carrots
- V GF Orange Jelly
- V GF Fresh Fruit or Fromage Frais

Tuesday

- V Fresh Bun
- * Fresh Beef Burger
- Vg Vegetable Burger
- Vg Mini Potato Waffles & Baked Beans
- Vg GF Low Sugar Tomato Ketchup
- V Frozen Raspberry Yogurt Ice Cream
- V GF Fresh Fruit or fruit yogurt

Wednesday

- GF Roast Chicken Fillet
- V Cauliflower & Broccoli Mornay
- V Yorkshire Pudding
- Vg GF Roast Potatoes, Carrots & Broccoli
- V GF Gravy
- Vg GF Fresh fruit Selection

Thursday (Meat Free Day)

- V English Pizza Muffin with Tomato and Cheese
- Vg Plain Pasta with Lentil & Vegetable Bolognese
- Carrot and Cucumber Selection
- V Mini Donuts rings
- V GF Fresh Fruit or Fruit Yogurt

Friday

- * Breaded Cod Goujons
- V Cheese & Onion Quiche
- Vg GF Chips & Peas
- V Blueberry Muffin
- V GF Fresh Fruit or fruit Yogurt

Baked Potatoes with Cheese or Tuna and Fresh

Week Five

W/C: 20/05/19, 24/06/19

Monday (Meat Free Day)

- V Tomato & Cheese Pasta Bake
- V Cheese & Onion Pasty
- Peas & Carrots
- Vg GF Fresh Fruit Salad
- V GF Fresh Fruit or fruit Yogurt

Tuesday

- Sweet & Sour Chicken
- Vg Vegetable Spring Rolls
- Vg GF Rice
- Broccoli & Sweetcorn
- V Pineapple Upside down cake with cream
- V GF Fresh Fruit or fruit Yogurt

Wednesday

- GF Roast Gammon Ham
- V Cheese Tortellini & Tomato sauce
- Vg GF Roast Potatoes & Farmhouse Vegetables
- V GF Gravy
- Vg GF Fresh fruit Selection

Thursday (All Day Breakfast)

- * Pork Sausage, Omelette, Hash Brown & Baked Beans
- Vg Vegetable Sausage with above selection
- V Cheddar Cheese & Biscuits
- V GF Fresh Fruit or fruit Yogurt

Friday

- * Fillet of Fish in Bun
- Vg Vegetable Samosa
- Vg GF Chips, Sweetcorn & Broccoli
- Vg GF Low Sugar Tomato Ketchup
- V Vanilla choc-chip Muffin
- V GF Fresh fruit or Fromage Frais

Baked Potatoes with Cheese or Tuna and Fresh

St Josephs School Catering Chalfont St Peter

Your children can eat a majority of their daily hot meals in school, this can be a high amount of their daily nutritional intake. For us, this is a huge responsibility and we must ensure that everything your children eat is of the best quality, the menus are balanced and the children enjoy their food.

We are fortunate to have a loyal, conscientious and talented team here at St Josephs working hard to create a wide selection of varied meals for your children which includes options for many dietary requirements. We always aim to use fresh, local produce with less preservatives, keep processed foods within government guidelines and ensure a selection of green vegetables and fruit dessert options are available daily



Our 3 step guide to help understand a healthy balanced meal

A THUMB size of Protein



(Meat, Fish, Dairy)

A FIST size of carbohydrates



(Potato, Rice, Pasta)