

# Lunch Menu Autumn Winter 2021/22

## Week One

W/C: 30/8, 4/10, 8/11, 13/12

### Meat Free Monday

V Cheese & Tomato Pizza  
Vg Vegetable Rice  
Peas  
Mixed Fresh Melon

### Tuesday

Beef Cottage Pie  
V Lentil & Vegetable Cottage Pie  
Carrots  
Yoghurt or Fresh Fruit

### Wednesday

(GF) Roast Chicken Fillet & Gravy  
V Mac 'n' Cheese  
V (GF) Mash Potato V (GF) Gravy  
Mixed Vegetables  
Fresh Fruit Selection

### Thursday

(GF) Mexican Chicken  
Vg (GF) Mexican Bean & Vegetable stir-fry  
Vg (GF) Rice  
Carrots  
V Apple Crumble & Custard  
Fresh Fruit

### Friday

\* Breaded White Fish Fillet  
Vg Vegetable Samosa  
Vg (GF) Oven Chips & Peas  
V Chocolate Chip Muffin  
Fresh fruit

### Available Daily

Ham, Cheese or Tuna & Cucumber Wholemeal Sandwich  
Baked Potatoes with Cheese  
Seasonal Side Salad

Vg Vegan

V Vegetarian

(GF) Gluten free

\* Gluten Free Available On Request

## Week Two

W/C: 6/9, 11/10, 15/11, 20/12

### Meat Free Monday

V Macaroni Cheese  
Vg Baked Potato with Beans  
Fresh Broccoli  
Fresh Pineapple & Mango

### Tuesday

\* Pork Sausage  
Vg Vegetable Sausage  
V (GF) Creamed Potatoes & Peas  
V Chocolate Mousse  
Fresh fruit

### Wednesday

(GF) Roast Turkey & Gravy  
V Cheese Tortellini with Tomato sauce  
Vg (GF) Roast Potatoes, V (GF) Gravy  
Mixed Vegetables  
Fresh Fruit Selection

### Thursday

V Tomato & Cheese Pasta Bake  
Vg (GF) Roasted Butternut Risotto  
Vg (GF) Peas  
Yoghurt or Fresh Fruit

### Friday

\* Fish Cake  
V Roasted Vegetable Quiche  
Vg (GF) Oven Chips & Baked Beans  
V Blueberry Muffin  
Fresh Fruit

### Available Daily

Ham, Cheese or Tuna & Cucumber Wholemeal Sandwich  
Baked Potatoes with Cheese  
Seasonal Side Salad

Vg Vegan

V Vegetarian

(GF) Gluten free

\* Gluten Free Available On Request

## Week Three

W/C: 13/9, 18/10, 22/11

### Meat Free Monday

V Baked Potato with Cheese & Beans  
V Green Pesto Pasta  
V Garlic Bread  
Peas  
Fresh Fruit Salad

### Tuesday

Fresh Beef Burger\*  
Vg Vegetable Burger  
Vg \* Buns  
Vg Low Sugar Tomato Ketchup & Sweetcorn  
V English Pancakes with Lemon & Sugar  
Fresh Fruit

### Wednesday

(GF) Roast Gammon Ham & Gravy  
V Stuffed Peppers  
Vg (GF) Roast Potatoes V (GF) Gravy  
Mixed Vegetables  
Fresh Fruit Selection

### Thursday

(GF) Chicken Korma  
Vg (GF) Vegetable Korma  
Vg (GF) Steamed Rice & Carrots  
Vg Chapatti  
Yoghurt or Fresh Fruit

### Friday

\* Breaded White Fish Fillet  
V Vegetable Samosa  
Vg (GF) Oven Chips & Peas  
V Vanilla Muffin  
Fresh fruit

### Available Daily

Ham, Cheese or Tuna & Cucumber Wholemeal Sandwich  
Baked Potatoes with Cheese  
Seasonal Side Salad

Vg Vegan

V Vegetarian

(GF) Gluten free

\* Gluten Free Available

# Lunch Menu Autumn Winter 2021/22

## Week Four

W/C: 20/9, 25/10, 29/11

### Meat Free Monday

Vg Tricolour Fusilli Pasta with Tomato Sauce  
Vg (GF) Steamed Rice with Roasted Vegetables  
Peas  
Fresh Water Melon

### Tuesday

\* Italian Pork Meatballs & Tomato Sauce  
V Quorn Meatballs  
Vg (GF) Rice  
Carrots  
Yoghurt or Fresh Fruit

### Wednesday

(GF) Roast Chicken Fillet & Gravy  
Vg (GF) Vegetable Fajita  
V Fajita Wrap  
Vg (GF) Roast Potatoes, Mixed Vegetables  
Fresh Fruit Selection

### Thursday

(GF) Beef Chilli  
Vg Mixed Bean & Vegetable Chilli  
Vg (GF) Steamed Rice  
Farmhouse Mixed vegetables  
V Blackberry & Apple Pie with Custard  
Fresh Fruit

### Friday

\* Breaded Cod Fillet in a \*bun  
V (GF) Vegetable Burger in a bun  
Vg (GF) Oven Chips & Peas  
V Blueberry Muffin  
Fresh fruit

### Available Daily

Ham, Cheese or Tuna & Cucumber Wholemeal Sandwich  
Baked Potatoes with Cheese  
Seasonal Side Salad

Vg Vegan  
V Vegetarian  
(GF) Gluten free  
\* Gluten Free Available

## Week Five

W/C: 27/9, 1/11, 6/12

### Meat Free Monday

Vg Tomato & Basil Pasta  
Vg Baked Potato with Beans & Cheese  
Peas  
Trio of Exotic Fresh Fruits  
(Melon, Pineapple, Mango)

### Tuesday

(GF) Chicken Tikka Masala  
Vg (GF) Chickpea, Potato & Spinach Curry  
Vg (GF) Steamed Rice, & Carrots  
Yoghurt or Fresh Fruit

### Wednesday

(GF) Roast Turkey & Gravy  
V Cauliflower & Broccoli Mornay  
Vg (GF) Roast Potatoes, V (GF) Gravy  
Mixed Vegetables  
Fresh Fruit Selection

### Thursday

Lentil & Beef Pasta Bolognese  
Vg Lentil & Vegetable Pasta Bolognese  
Peas  
V (GF) Strawberry Jelly  
Fresh fruit

### Friday

\* Breaded White Fish Fillet  
Vg Vegetable Samosa  
Vg (GF) Oven Chips & Baked Beans  
V Vanilla Chocolate Muffin  
Fresh Fruit

### Available Daily

Ham, Cheese or Tuna & Cucumber Wholemeal Sandwich  
Baked Potatoes with Cheese  
Seasonal Side Salad

Vg Vegan  
V Vegetarian  
(GF) Gluten free  
\* Gluten Free Available

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

All meals 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. Our Green-grocer is based in our village, our Butcher is in the Thames Valley and our Pork comes from The Windsor Estate. We cater for 12 schools including the children here at St Josephs Primary. We are fortunate to have a hardworking, loyal catering team that have a true passion to ensure that all children are offered a healthy, well balanced, enjoyable meal. The commitment from the team here has been proven during the past year where there have been many unforeseen circumstances: the team adapts to change quickly and effectively to deliver the best possible lunch service.

The strong relationships with all suppliers and delivery companies has proven so important to us over the past year where we have worked closely together to forward plan deliveries of produce ensuring our own stock shelves were full even when the local supermarket shelves were looking bare.

## Choice:

Along with a varied hot meal, children have the option of a baked potato or a wholemeal sandwich with a choice of tasty fillings that is accompanied by a seasonal side salad and dessert.

Our menu reflects the importance of reducing the amount of processed foods that is consumed, offering a wide range of vegetarian options, fresh vegetables, salad and fruit.

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