

Lunch Menu Autumn Winter 2022

Week One

W/C: 05/09/22, 10/10/22, 14/11/22, 19/12/22

Meat Free Monday

- V Cheese & Tomato Pizza with Potato Wedges
- Vg GF Vegetable Rice & Peas
- V Baked Potato with Grated Cheese or Beans
- Cheese or Tuna Mayo Sandwich
- Vg Cold Vegan Flaky Pastry Roll
- All accompanied by a fresh, seasonal salad
- Mixed Fresh Melon

Tuesday

- Homemade Beef Lasagne with Garlic Bread
- V Quorn & Vegetable Bolognaise with Garlic Bread
- V Baked Potato with Grated Cheese
- Ham, Cheese or Tuna Mayo Sandwich
- All accompanied with a leafy green cucumber salad
- V GF Strawberry & Vanilla Mousse or Fresh Fruit

Wednesday

- GF Honey & Garlic Chicken Fillet with V Mash Potato, Mixed Vegetables & V GF Gravy
- V Mac 'n' Cheese with Mixed Vegetables
- V Baked Potato with Grated Cheese or Beans
- Ham, Cheese or Tuna Mayo Sandwich & Crudités
- Fresh Fruit Selection or Fruit Yoghurt

Meat Free Thursday

- V Fusilli Pesto Pasta with Baby Carrots
- Vg GF Bean & Vegetable stir-fry with Baby Carrots
- V Baked Potato with Grated Cheese or Tuna Mayo
- Cheese or Tuna Mayo Sandwich
- Vg Cold Vegan Flaky Pastry Roll
- All accompanied by a fresh, seasonal salad
- V Apple Crumble & Cream 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 or Tuna Mayo
- Ham, Cheese or Tuna Mayo Sandwich
- All the above accompanied with sliced cucumber salad
- V Mini Ring Sugared Doughnuts or Fresh Fruit

Week Two

W/C: 12/09/22, 17/10/22, 21/11/22

Meat Free Monday

- V Macaroni Cheese with Fresh Leeks & Peas
- V Baked Potato with Grated Cheese or Beans
- Cheese or Tuna Mayo Sandwich
- Vg Cold Vegan Flaky Pastry Roll
- All accompanied by a fresh, seasonal salad
- Fresh Chopped Pineapple

Tuesday

- GF Special Fried Chicken & Vg GF Rice with Sliced Carrots
- Vg GF Special Fried Vegetable Rice with Sliced Carrots
- V Baked Potato with Grated Cheese
- Ham, Cheese or Tuna Mayo Sandwich
- All accompanied with a leafy green cucumber salad
- V Iced Sponge with Sprinkles or Fresh Fruit

Wednesday

- GF Roast Gammon with Vg GF Roast Potatoes, Mixed Vegetables & V GF Gravy
- Vg Warm Vegan Flaky Pastry Roll with Vg GF Roast Potatoes, Mixed Vegetables & V GF Gravy
- V Baked Potato with Grated Cheese or Beans
- Ham, Cheese or Tuna Mayo Sandwich & Crudités
- Fresh Fruit Selection or Fruit Yoghurt

Meat Free Thursday

- V Tuna & Tomato Pasta Bake & Peas
- V Penne Pasta with Grated Cheese & Peas (optional tomato sauce)
- V Baked Potato with Grated Cheese or Beans
- Cheese or Tuna Mayo Sandwich
- All accompanied by a fresh, seasonal salad
- V Chocolate Mousse or Fresh Fruit

Friday

- * Breaded White Fish Cake, Vg GF Oven Chips & Beans
- V Vegetable Burger in a *Bun, Vg GF Oven Chips & Beans
- V Baked Potato with Grated Cheese or Tuna Mayo
- Ham, Cheese or Tuna Mayo Sandwich
- All accompanied with sliced cucumber salad
- V Oreo Cookie Bar or Fresh Fruit

Week Three

W/C: 19/09/22, 24/10/22, 28/11/22

Meat Free Monday

- V Green Pesto Pasta, Garlic Bread & Broccoli
- V Fusilli Pasta with Grated Cheese, Garlic Bread & Broccoli
- V Baked Potato with Cheese or Beans
- Cheese or Tuna Mayo Sandwich
- All accompanied by a fresh, seasonal salad
- Fresh Fruit Selection or Fruit Yoghurt

Tuesday

- Toad in the Hole, V Bubble & Squeak and Peas
- Vg Vegetable Sausage, V Bubble & Squeak and Peas
- V Baked Potato with Grated Cheese
- Ham, Cheese or Tuna Mayo Sandwich
- All accompanied with a leafy green cucumber salad
- V GF Chilled Raspberry Yoghurt or Fresh Fruit

Wednesday

- GF Roast Chicken Fillet, Vg GF Roast Potatoes, Mixed Vegetables & V GF Gravy
- V Vegetable Samosa, Vg GF Roast Potatoes, & Mixed Vegetables
- V Baked Potato with Grated Cheese or Beans
- Ham, Cheese or Tuna Mayo Sandwich & Crudités
- Fresh Fruit Selection or Fruit Yoghurt

Meat Free Thursday

- V Cheese & Tomato Pizza with Potato Waffles
- Vg Vegetable Burger in a Bun with Potato Waffles
- V Baked Potato with Grated Cheese or Tuna Mayo
- Cheese or Tuna Mayo Sandwich
- All accompanied by a fresh, seasonal salad
- V Fluffy American Style Pancake with Chocolate Sauce or Fresh Fruit

Friday

- * Breaded White Fish Fillet, Vg GF Oven Chips & Peas
- V Cheese & Onion Pasty, Vg GF Oven Chips & Peas
- V Baked Potato with Grated Cheese or Tuna Mayo
- Ham, Cheese or Tuna Mayo Sandwich
- All accompanied with sliced cucumber salad
- V Vanilla Muffin or Fresh Fruit

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Week Four

W/C: 26/09/22, 31/10/22, 05/12/22

Meat Free Monday

- Vg Tricolour Fusilli Pasta with Tomato Sauce & Peas
- Vg GF Steamed Rice with Roasted Vegetables & Peas
- V Baked Potato with Grated Cheese or Beans
- Cheese or Tuna Mayo Sandwich
- All accompanied by a fresh, seasonal salad
- Fresh, Chopped Watermelon

Tuesday: All Day Breakfast

- *Pork Sausage, V GF Hash Brown, Omelette & Beans
- V Vegetarian Sausage, V GF Hash Brown, Omelette & Beans
- V Baked Potato with Grated Cheese or Beans
- Ham, Cheese or Tuna Mayo Sandwich & Crudities
- V GF Chilled Toffee Yoghurt or Fruit Yoghurt

Wednesday

- GF Roast Gammon, Vg GF Roast Potatoes, Mixed Vegetables & V GF Gravy
- Vg Warm Vegan Flaky Pastry Roll, Vg GF Roast Potatoes, Mixed Vegetables & V GF Gravy
- V Baked Potato with Grated Cheese
- Ham, Cheese or Tuna Mayo Sandwich with Tomato & Cucumber Slices
- Fresh Fruit Selection or Fruit Yoghurt

Thursday

- GF Chicken Tikka Masala, Vg GF Steamed Rice & Mixed Vegetables
- V Vegetable Samosa, Vg GF Steamed Rice & Mixed Vegetables
- V Baked Potato with Grated Cheese, Beans or Tuna Mayo
- Ham, Cheese or Tuna Mayo Sandwich & Side Salad
- V Jam & Coconut Sponge with Cream or Fresh Fruit

Friday

- * Breaded Fishcake, Vg GF Oven Chips & Peas
- V Vegetable Cake, Vg GF Oven Chips & Peas
- V Baked Potato with Grated Cheese or Beans
- Ham, Cheese or Tuna Mayo Sandwich
- All accompanied with Cucumber Slices
- V Blueberry Muffin or Fresh Fruit



Week Five

W/C: 03/10/22, 07/11/22, 12/12/22

Meat Free Monday

- V Baked Potato with Cheese, Beans and Tuna Mayo
- V Tomato Soup with Roll & Butter
- Vg Warm Vegan Flaky Pastry Roll with Sweetcorn
- Cheese or Tuna Mayo Sandwich
- All accompanied with a carrot and cucumber salad
- Trio of Exotic Fresh Fruits (Melon, Pineapple, Mango)

Tuesday

- Turkey & Vegetable Taco's with Vg GF Steamed Rice & Carrots
- Vg Stir Fry Vegetable Taco's with Vg GF Steamed Rice & Carrots
- V Baked Potato with Grated Cheese or Beans
- Ham, Cheese or Tuna Mayo Sandwich & Crudities
- Vg GF Orange & Mango Smoothie or Fruit Yoghurt

Wednesday

- GF Roast Chicken Fillet, Vg GF Roast Potatoes, Mixed Vegetables & Gravy
- V Cauliflower & Broccoli Mornay, Vg GF Roast Potatoes, & Mixed Vegetables
- V Baked Potato with Grated Cheese
- Ham, Cheese or Tuna Mayo Sandwich with Mixed Salad
- Fresh Fruit Selection or Fruit Yoghurt

Meat Free Thursday

- V Cheese & Tomato Pasta Bake with Peas
- Vg Lentil & Vegetable Pasta Bolognese with Peas
- V Baked Potato with Grated Cheese or Tuna Mayo
- Cheese or Tuna Mayo Sandwich
- All accompanied with a fresh side salad
- V Syrup Sponge & Custard or Fresh fruit

Friday

- * Breaded White Fish Fillet, Vg GF Oven Chips & Beans
- Vg Warm Vegan Flaky Pastry Roll, Vg GF Oven Chips & Beans
- V Baked Potato with Grated Cheese or Beans
- Ham, Cheese or Tuna Mayo Sandwich
- All accompanied with a cucumber and tomato salad
- V Chocolate Chip Muffin 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.

We are extremely proud of the 5* food hygiene rating we have been issued by Chiltern District Council

Our Greengrocer is based in our village of Chalfont St Peter, our Butcher is in the Thames Valley and our Pork comes from The Windsor Estate.

We cater for 14 schools each day including the children here at St Josephs Primary. We are very 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 whole team here has been proven during the past few years where there have seen many unforeseen circumstances: the team adapts to change quickly and effectively to deliver the best possible lunch service, day in, day out.

Our strong working relationships with all suppliers and delivery companies has proven so important to us. We have worked closely together to forward plan deliveries of produce, ensuring our own stock shelves are full even when the local supermarket shelves look bare.

Along with a varied hot meal, children have the option of a freshly baked potato or a healthy wholemeal sandwich with a choice of tasty fillings that is accompanied by the 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