

# Lunch Menu Summer 2022

## Week One

W/C: 25/04, (30/05; Half Term) 04/07

### Meat Free Monday

- V Cheese & Tomato Pizza with Potato Wedges  
Vg GF Vegetable Biryani & Peas
- V Baked Potato with Grated Cheddar Cheese  
Cheese or Tuna Mayo \*Wholemeal Sandwich
- All the above accompanied with a grated carrot and  
sweetcorn salad
- V Local Mixed Fresh Melon or Fruit Yoghurt

### Tuesday Classics

- GF Savoury Beef Mince with Vg GF New Potatoes &  
Vegetable Medley
- V Lentil & Vegetable Cottage Pie & Vegetable Medley
- V Baked Potato with Cheddar Cheese or Baked Beans  
& Side Salad
- Cheese, Ham or Tuna Mayo \*Soft Roll
- V Cheese & Biscuit Selection or Seasonal Fresh Fruit

### Wednesday Mid Week Roast

- GF Fresh Roast Gammon Ham with V GF Gravy
- Vg GF Crispy Roast Potatoes & Farmhouse Vegetables
- V Mac 'n' Cheese with Farmhouse Vegetables
- V Baked Potato with Cheddar Cheese or Baked Beans  
& Fresh Mixed Salad
- Pork Sausage or Vegan Flaky Pastry Roll
- Green Grocers Selection of Fresh Fruit or Fruit Yoghurt

### Around the World Thursday: Mexico

- Lightly Spiced Fajita Chicken Wrap with Vg GF Rice,  
Carrots & Sweetcorn
- Vg GF Mexican Bean & Vegetable Stir-Fry with  
Vg GF Rice, Carrots & Sweetcorn
- V Baked Potato with Cheddar Cheese & Rainbow Coleslaw  
Cheese, Ham or Tuna Mayo \*Wholemeal Sandwich
- V Frozen Toffee Yoghurt or Local Fruit Selection

### Fish Friday

- \* Golden Breaded Fishcake with Vg GF Oven Chips, Peas &  
Ketchup
- Vg Crispy Vegetable Samosa with Vg GF Oven Chips, Peas  
& Ketchup
- V Baked Potato with Cheddar Cheese or Tuna Mayo &  
Cucumber Salad
- Cheese or Tuna Mayo \*Soft Roll
- V Chocolate Chip Muffin or Seasonal Fresh Fruit

## Week Two

W/C: 02/05, 06/06, 11/07

### Meat Free Monday

- V Freshly Baked Homemade Macaroni Cheese & Mixed  
Vegetables
- Vg Green Pesto Pasta & Mixed Vegetables
- V Baked Potato with Cheddar Cheese or Baked Beans &  
Seasonal Side Salad
- Cheese, or Tuna Mayo \*Wholemeal Sandwich
- V Fresh Pineapple & Mango Medley or Fruit Yoghurt

### Tuesday Classics

- \* Fresh Pork Sausage with V GF Creamed Potatoes &  
Peas
- V Vegetable Sausage with V GF Creamed Potatoes & Peas
- V Baked Potato with Cheddar Cheese & Cucumber Slices  
Cheese, Ham or Tuna Mayo \*Soft Roll
- V Homemade Lemon Drizzle Cake or Fruit Yoghurt

### Wednesday Mid Week Roast

- GF Fresh Roast Chicken Fillet with V GF Gravy
- Vg GF Crispy Roast Potatoes & Farmhouse Vegetables
- V Cheese & Tomato Pasta Bake with Farmhouse  
Vegetables
- V Baked Potato with Cheddar Cheese or Baked Beans &  
Leafy Side Salad
- Pork Sausage or Vegan Flaky Pastry Roll
- Green Grocers Selection of Fresh Fruit or Fruit Yoghurt

### Around the World Thursday: Spain

- Fresh Chicken & Chorizo Pasta with Peas
- Vg GF Roasted Butternut Risotto with Peas
- V Baked Potato with Cheddar Cheese
- Cheese, Ham or Tuna Mayo \*Wholemeal Sandwich
- All the above accompanied with a Green "Slaw" Salad
- V Rich Chocolate Mousse or Fresh Fruit Selection

### Fish Friday

- \* Breaded White Fish Fingers with Vg GF Oven Chips &  
Baked Beans
- V Roasted Vegetable Quiche with Vg GF Oven Chips &  
Baked Beans
- V Baked Potato with Cheddar Cheese and "slaw"  
Cheese or Tuna Mayo \*Soft Roll
- V Vanilla Choc Chip Muffin or Seasonal Fresh Fruit

## Week Three

W/C: 09/05, 13/06, 18/07

### Meat Free Monday

- V Baked Potato with choice of fillings:  
Baked Beans, Cheese, Tuna, Sweetcorn
- V Tomato Pasta With Sweetcorn  
Cheese, or Tuna Mayo \*Wholemeal Sandwich
- All the above accompanied by a Tomato & Cucumber Salad
- V Fresh Fruit Salad Medley or Fruit Yoghurt

### Tuesday Classics

- \* British Pork Sausage, V GF Hash Brown, Omelette &  
Beans
- V Vegetarian Sausage, V GF Hash Brown, Omelette  
& Beans
- V Baked Potato with Cheddar Cheese or Baked Beans &  
Side Salad
- Cheese, Ham or Tuna Mayo \*Wholemeal Sandwich
- V Homemade Choc Brownie Cake or Seasonal Fresh Fruit

### Wednesday Mid Week Roast

- GF Fresh Roast Gammon Ham with V GF Gravy
- Vg GF Crispy Roast Potatoes & Farmhouse Vegetables
- V Homemade Stuffed Peppers with Vg GF Crispy Roast  
Potatoes & Farmhouse Vegetables
- V Baked Potato with Cheddar Cheese or Baked Beans &  
Veggie Sticks
- Pork Sausage or Vegan Flaky Pastry Roll
- Green Grocers Selection of Fresh Fruit or Fruit Yoghurt

### Around The World Thursday: India

- GF Chicken Tikka Massala with Vg Chapatti with  
Vg GF Rice & Mixed Vegetables
- Vg GF Vegetable Korma with Vg Chapatti, Vg GF Rice &  
Mixed Vegetables
- V Baked Potato with Cheddar Cheese and Crudities  
Cheese, Ham or Tuna Mayo \*Wholemeal Sandwich
- V Pancakes with Lemon Sauce or Local Fruit Selection

### Fish Friday

- \* Golden Breaded White Fishcake, Vg GF Oven Chips, Peas  
& Ketchup
- Vg Crispy Vegetable Samosa with Vg GF Oven Chips &  
Peas
- V Baked Potato with Cheddar Cheese, or Tuna Mayo &  
Salad Sticks
- Cheese or Tuna Mayo \*Soft Roll
- V Mini Ring Doughnuts with Chocolate Dipping Sauce  
V Selection of Seasonal Fresh fruit

# Lunch Menu Summer 2022

## Week Four

W/C: 16/05, 20/06, 25/07

### Meat Free Monday

- Vg Fusilli Pasta in Tomato Sauce with Peas
- Vg GF Roasted Vegetable Rice with Peas
- V Baked Potato with Cheddar Cheese
- Cheese or Tuna Mayo \*Wholemeal Sandwich
- All the above accompanied with rainbow coleslaw
- V Fresh Water Melon or Fruit Yoghurt

### Tuesday Classics

- \* Fresh Italian Beef Meatballs In Tomato Sauce with
- Vg GF Rice & Vegetable Medley
- V Quorn Meatballs in Tomato Sauce with Vg GF Rice & Vegetable Medley
- V Baked Potato with Cheddar Cheese and Cucumber Salad
- Cheese, Ham or Tuna Mayo \*Wholemeal Sandwich
- V GF Chocolate Chip Mousse or Seasonal Fresh Fruit

### Wednesday Mid Week Roast

- GF Fresh Roast Chicken Fillet with V GF Gravy,
- Vg GF Crispy Roast Potatoes and Farmhouse Vegetables
- Vg Vegetable Fajita in a \*Wrap with Farmhouse Mixed Vegetables
- V Baked Potato with Cheddar Cheese or Baked Beans & Green Salad
- Pork Sausage or Vegan Flaky Pastry Roll
- Green Grocers Selection of Fresh Fruit or Fruit Yoghurt

### Around the World Thursday: Asia

- Thai Chicken Stir-Fry with Vg GF Rice, Green Beans & Peas
- Vg Vegetable Stir-fry with Vg GF Rice, Green Beans & Peas
- V Baked Potato with Cheddar Cheese, or Tuna Mayo and Tricolour salad sticks
- Cheese, Ham or Tuna Mayo \*Wholemeal Sandwich
- V Vanilla Ice cream or Seasonal Fresh Fruit

### Fish Friday

- \* Breaded Cod fillet with Vg GF Oven Chips, Baked Beans & Ketchup
- V Vegetable Burger with Vg GF Oven Chips, Baked Beans & Ketchup
- V Baked Potato with Cheddar Cheese, Baked Beans & Sliced Cucumber Salad
- Cheese or Tuna Mayo \*Soft Roll
- V Blueberry Muffin or Seasonal Fresh Fruit



## Week Five

W/C: 23/05, 27/06

### Meat Free Monday

- V Baked Potato with choices of fillings:
- Baked Beans, Cheese, Tuna Mayo, Sweetcorn
- Vg Roasted Vegetable Pasta with Sweetcorn
- Cheese or Tuna Mayo \*Wholemeal Sandwich
- All the above accompanied by a sliced cucumber salad
- V Trio of Exotic Fresh Fruits (Melon, Pineapple, Mango)
- Fruit Yoghurt

### Tuesday Classics

- GF Mild Chicken Curry with Vg GF Rice & Carrots
- Vg GF Chickpea, Potato & Spinach Curry with Vg GF Rice & Carrots
- V Baked Potato with Cheddar Cheese and Side Salad
- Cheese, Ham or Tuna Mayo \*Wholemeal Sandwich
- V Fresh Local Strawberries, Meringue & Cream
- Fruit Yoghurt

### Wednesday Mid Week Roast

- GF Fresh Roast Chicken Fillet with V GF Gravy, Vg GF Crispy Roast Potatoes and Farmhouse Vegetables
- V Homemade Cauliflower & Broccoli Mornay with Vg GF Crispy Roast Potatoes and Farmhouse Vegetables
- V Baked Potato with Cheddar Cheese or Baked Beans and Salad Sticks
- Pork Sausage or Vegan Flaky Pastry Roll
- Green Grocers Selection of Fresh Fruit or Fruit Yoghurt

### Around the World Thursday: Italy

- Beef Pasta Bolognese with Garlic Bread & Peas
- Vg Lentil & Vegetable Pasta Bolognese with Garlic Bread & Peas
- V Baked Potato with Cheddar Cheese and Green Salad
- Cheese, Ham or Tuna Mayo \*Wholemeal Sandwich
- V GF Frozen Raspberry Yoghurt or Seasonal Fresh Fruit

### Fish Friday

- \* Golden Breaded White fish Fillet with Vg GF Oven Chips, Peas & Ketchup
- Vg Crispy Vegetable Samosa with Vg GF Oven Chips & Peas
- V Baked Potato with Cheddar Cheese or Tuna Mayo and Crudities
- Cheese or Tuna Mayo \*Soft Roll
- V Vanilla Choc Chip Muffin or Seasonal 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

