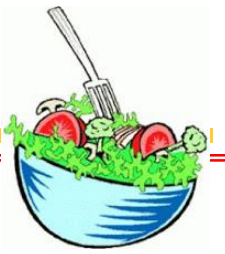


# Lunch Menu Spring/Summer 2017



## Week One

W/C 20/02/17, 20/03/17, 17/04/17, 15/05/17, 12/06/17, 10/07/17

### Monday

(GF) Chicken Korma  
 V Vegetable Korma  
 Steamed Rice  
 Wholemeal Chapatti  
 Steamed Carrots

(GF) Fresh Fruit & Organic Yoghurt Selection

### Tuesday (meat free day)

V (GF) Baked Potato with Cheese & beans  
 V Plain Pasta with Pesto or cheese topping  
 Broccoli

Treacle Sponge & Custard

### Wednesday

(GF) Roast Chicken  
 V Cauliflower Cheese  
 Roast Potatoes, Yorkshire Pudding & Gravy  
 Cabbage & Carrots

(GF) Chocolate Cake slice

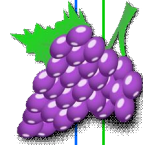
### Thursday

Beef Lasagne  
 V (GF) Vegetable & Lentil Lasagne  
 Garlic Bread  
 Mixed Vegetables  
 V (GF) Fruit Salad

### Friday

\* Cod Bites,  
 V Vegetable Samosa  
 Chips, Peas & Baked Beans  
 Vanilla Choc Chip Muffin

\* Gluten Free Fish Option Available



## Week Two

W/C 27/02/17, 27/03/17, 24/04/17, 22/05/17, 19/06/17, 17/07/17

### Monday

(GF) Pork Sausage  
 V Vegetarian Sausage  
 Yorkshire Pudding  
 Mashed Potato & Gravy  
 Green Beans & Carrots

(GF) Fresh Fruit & Organic Yoghurt Selection

### Tuesday (meat free day)

V Cheese & Tomato Pizza  
 Tuna & Spinach Pasta  
 Sweetcorn & Peas

Jam Sponge Cake & Custard

### Wednesday

(GF) Roast Chicken  
 V Vegetable Oatmeal Crumble  
 Roast Potatoes, Gravy and Sage & Onion Stuffing  
 Broccoli & Cabbage

(GF) Fresh Pineapple & Vanilla Yoghurt

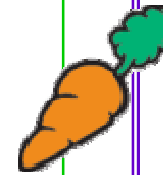
### Thursday

BBQ seasoned Chicken Fillet  
 V Ratatouille  
 (Aubergine, Peppers, Courgettes, in tomato sauce)  
 Steamed Rice & Carrots  
 (GF) Fresh Watermelon

### Friday

\* Fishcake  
 V Vegetable Nuggets  
 Chips & Baked Beans  
 Blueberry Muffin

\* Gluten Free Fish Option Available



## Sandwiches

Pre-ordered fresh Sandwiches will be

Available every day:

- Plain Ham.
- Sliced Cheese
- Tuna & Cucumber,
  - Egg & Cress

Accompanied by a fresh mixed salad and dessert



## Also available everyday of the week:

Mixed Salad, Seasonal Vegetables,  
 Jacket Potatoes with fillings,  
 Fresh Fruit, Fruit Yoghurts

- All our bread is wholemeal
- All our yoghurts are organic

**V = Vegetarian**

**(GF) = Gluten Free**



# Lunch Menu Spring/Summer 2017

## Week Three

W/C: 06/03/17, 03/04/17, 01/05/17, 29/05/17, 26/06/17,

### Monday

Chicken Casserole with Sage and Onion Dumplings  
V (GF) Root Vegetable Casserole  
New Potatoes  
(GF) Fresh Fruit & Organic Yoghurt Selection

### Tuesday (meat free day)

V (GF) Baked Potato with beans & Cheese  
V (GF) Plain Omelette with Hash browns & Beans  
Scotch Pancakes with Cherry topping

### Wednesday

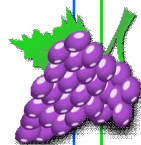
(GF) Roast Chicken  
V Cauliflower Cheese  
Roast Potatoes & Gravy  
Mixed Vegetables  
(GF) Genoa Cake slice

### Thursday

(GF) Beef Burger  
V Bean & Vegetable burger  
Soft Bun & Tomato Ketchup  
Sweetcorn  
V (GF) Raspberry Jelly & Cream

### Friday

\* Jumbo Fish Finger  
V Vegetable Samosa  
Chips, Peas & Baked Beans  
Chocolate Chip Muffin  
\* Gluten Free Fish Option Available



## Week Four

W/C: 13/03/17, 10/04/17, 08/05/17, 05/06/17, 03/07/17,

### Monday

Chicken Chow Mein with Noodles  
V Vegetable Chow Mein  
Sweetcorn & Peas  
(GF) Fresh Fruit & Organic Yoghurt Selection

### Tuesday

(GF) Beef Meatballs in Tomato Sauce  
V Quorn Meatballs  
Penne Pasta  
Farmhouse Vegetables  
"Spotted Dick" & Custard

### Wednesday

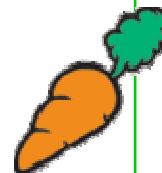
(GF) Roast Chicken  
V Macaroni Cheese  
Roast Potatoes, Sage & Onion Stuffing & Gravy  
Broccoli & Cabbage  
(GF) Madeira cake slice

### Thursday

(GF) Whole Chicken Fillet Burger  
V Vegetable Burger  
Soft Bun & Tomato Ketchup  
Sweetcorn  
(GF) Fresh Fruit Salad & Cream

### Friday

Breaded Haddock  
V Cheese & Onion Quiche  
Chips & Baked Beans  
Blueberry Muffin  
\* Gluten Free Fish Option Available



## Our story and our partners

Our priority is our customer.

### The Child

Seasonal menu changes take place after consultations with every school we work with.

### **"What do children want to eat?"**

We then consider the guidelines set out by the Government and the School food plan to ensure we deliver a varied, healthy & nutritious menu.

Finally, comes our firm belief in supporting local business.

We are proud to work with Birring's Family Greengrocers in Chalfont St Peter for all our fresh fruit & vegetables. Our fresh meat is supplied by a Chiltern based butchers.

We cater for primary school children, serving schools in the local area .

We are extremely proud to have a 5\* hygiene rating from Chiltern District Council and we constantly strive to improve everything we do.

### We are:

**St Joseph's School Catering**

**Chalfont St Peter**