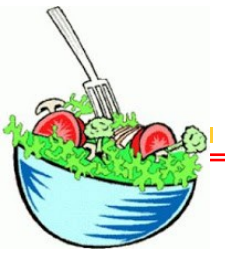


Lunch Menu Autumn/Winter 2017



Week One

W/C : 04/09/17, 02/10/17, 30/10/17, 27/11/17

Monday

- (GF) Pork Sausage
- V Vegetable Sausage
- V (GF) Onion Gravy, V (GF) Mashed Potato
- Green Beans
- V (GF) Fresh Fruit salad with cream



Tuesday

- V (GF) Plain Omelette with Hash Browns
- V (GF) Baked Potato with Cheese & Beans
- V (GF) Fromage Fraies & Fresh Fruit

Wednesday

- (GF) Roast Chicken
- V Yorkshire Pudding
- V Vegetable topped Muffin
- V (GF) Roast Potatoes, V (GF) Gravy
- Farmhouse Vegetables
- V (GF) Orange Jelly

Thursday

- Beef Meatloaf with Tomato Sauce
- V Quorn "Meatfree" Meatloaf
- V (GF) Rice, V Garlic Bread
- Peas & Sweetcorn
- Treacle Sponge & Custard

Friday

- * Breaded Cod Fillets
- V Bean Burgers
- V (GF) Chips, V (GF) Baked Beans & Peas
- V Vanilla Choc Chip Muffin

* Gluten Free Fish Option Available

Week Two

W/C : 11/09/17, 09/10/17, 06/11/17, 04/12/17

Monday

- (GF) Chicken Korma
- V Chick-pea and Green Lentil Curry
- V (GF) Rice & Broccoli
- V Chapatti
- V (GF) Fromage Fraies & fresh fruit

Tuesday

- V Cheese & Tomato Pasta Bake
- Salmon & Broccoli Pasta Bake
- Peas & Sweetcorn
- V (GF) Fresh Fruit & Organic Yoghurt Selection

Wednesday

- (GF) Roast Chicken
- V Lentil Roast
- V (GF) Roast Potatoes, V (GF) Gravy
- V Sage & Onion Stuffing
- Mixed Vegetables
- V (GF) Strawberry Jelly



Thursday

- (GF) Chunky Beef Casserole
- V (GF) Spicy Vegetable Casserole
- New potatoes & Green Beans
- V (GF) Fresh Water melon

Friday

- * Fishcake
- V Vegetable Nuggets
- V (GF) Chips & V (GF) Baked Beans
- V 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 Autumn/Winter 2017

Week Three

W/C: 18/09/17, 16/10/17, 13/11/17, 11/12/17

Monday

- (GF) Beef Meat balls in Tomato sauce
 - V Neapolitan Macaroni
 - V Macaroni pasta
 - Sweetcorn & Peas
- V (GF) Fresh Fruit & Organic Yoghurt Selection

Tuesday

- V Cheese & Tomato Pizza
- Salmon & Spinach Pasta
- Green beans & Carrots
- V (GF) Genoa Cake

Wednesday

- (GF) Roast Chicken
- V Chilli Bean Casserole
- V (GF) Roast Potatoes & V (GF) Gravy
- Farmhouse Mixed Vegetables
- V (GF) Orange Jelly

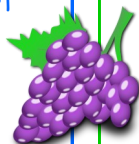
Thursday

- Beef Cannelloni
- V Bean & Vegetable Lasagne
- V Garlic Bread
- Broccoli & Sweetcorn
- V (GF) Fresh Pineapple with Natural Yoghurt

Friday

- * Breaded Cod Bites
- V Vegetable Samosa
- V (GF) Chips, & V (GF) Baked Beans
- V Vanilla Chocolate chip Muffin

* Gluten Free Fish Option Available



Week Four

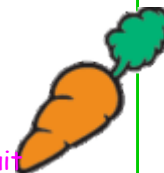
W/C: 25/09/17, 23/10/17, 20/11/17, 18/12/17

Monday

- (GF) Chicken Curry
- V (GF) Vegetable Saag Curry
- V (GF) Rice & V Chapatti
- Peas & Carrots
- V (GF) Fresh Fruit & Organic Yoghurt Selection

Tuesday

- (GF) Beef Burgers
- V Vegetable Burgers
- Sweetcorn
- Buns
- V (GF) Ketchup
- V (GF) Fromage frais & Fresh Fruit



Wednesday

- (GF) Roast Chicken
- V Vegetable Crumble
- V (GF) Roast Potatoes & Farmhouse Vegetables
- V (GF) Fresh fruit salad

Thursday

- (GF) BBQ Chicken
- V (GF) Plain Omelette
- V (GF) Rice & Carrots
- V (GF) Fresh Water melon

Friday

- Breaded Haddock
- V Cheese & Onion Quiche
- V (GF) Chips & V (GF) Baked Beans & peas
- V Chocolate Chip Muffin

* Gluten Free Fish Option Available

Our story and our partners

Our priority is our customer!

The Child

We 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