

St Agnes Winter Lunch Menu – Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
Meal Option 1	Lasagne	Beef tacos	Roast chicken breast with yorkshire pudding	Chicken tikka masala	Margherita pizza Chicken nuggets
Meal Option 2	Fish stars	Pesto pasta	Mediterranean fusilli pasta	Cheese whirl	Chicken nuggets
Meal Option 3	Tuna mayo, ham or cheese sandwiches. Salad & jackets	Tuna mayo, ham or cheese wraps. Salad & jackets	Baps with cheese, ham or tuna mayo. Salad & jackets	Tuna mayo, ham or cheese sandwiches. Salad & jackets	Tuna mayo, ham or cheese sandwiches. Salad & jackets
Vegetables	Peas Sweetcorn	Mixed vegetables Carrots	Carrots Peas	Broccoli Carrots	Baked beans Mixed vegetables
Carbohydrates	Mash Selection of bread	Wedges Selection of bread	Roast potatoes Selection of bread	Roast potatoes Selection of bread	Chips Selection of bread
Dessert	Strawberry angel delight, fruit or yoghurt	Choc chip cookies, fruit or yoghurt	Chocolate beetroot muffins, fruit or yoghurt	Doughnuts, peaches fruit or yoghurt	Choc ice, ice cream fruit or yoghurt
Drink	Water	Water	Water	Water	Water

St Agnes Winter Lunch Menu – Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
Meal Option 1	Chicken fajita wrap	Hamburger	Chicken katsu	Tuna pasta bake	Margherita pizza
Meal Option 2	Fish fingers	Omelette	Cheese whirl	Cottage pie	Sausages
Meal Option 3	Tuna mayo, ham or cheese sandwiches. Salad & jackets	Baps with cheese, ham or tuna mayo. Salad & jackets	Baps with cheese, ham or tuna mayo. Salad & jackets	Tuna mayo, ham or cheese sandwiches. Salad & jackets	Tuna mayo, ham or cheese sandwiches. Salad & jackets
Vegetables	Sweetcorn Carrots	Peas Mixed vegetables	Carrots Sweetcorn	Mixed vegetables Peas	Baked beans Mixed vegetables
Carbohydrates	Wedges Selection of bread	Roast potatoes Selection of bread	Mash, rice or noodles Selection of bread	Roast potatoes Selection of bread	Chips Selection of bread
Dessert	Oat biscuits, fruit or yoghurt	Ice cream with mandarin oranges, fruit or yoghurt	Chocolate fudge cake, fruit or yoghurt	Peaches, arctic roll, fruit or yoghurt	Choc ice, ice cream, fruit or yoghurt
Drink	Water	Water	Water	Water	Water

St Agnes Winter Lunch Menu – Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
Meal Option 1	Enchiladas	Chicken tikka	Roast chicken breast with yorkshire pudding	Meat crumble	Margherita pizza
Meal Option 2	Vegetable sausage roll	Cheese whirl	Battered fish	Pasta bake	Hamburger
Meal Option 3	Tuna mayo, ham or cheese sandwiches. Salad & jackets	Tuna mayo, ham or cheese wraps. Salad & jackets	Tuna mayo, ham or cheese sandwiches. Salad & jackets	Tuna mayo, ham or cheese sandwiches. Salad & jackets	Tuna mayo, ham or cheese sandwiches. Salad & jackets
Vegetables	Sweetcorn Peas	Mixed vegetables Broccoli	Broccoli Carrots	Sweetcorn Mixed vegetables	Baked beans Peas
Carbohydrates	Wedges Selection of bread	Rice, mash Selection of bread	Roast potatoes Selection of bread	Roast potatoes Selection of bread	Chips Selection of bread
Dessert	Choc chip cookies, fruit or yoghurt	Muffin, fruit or yoghurt	Flapjack, fruit or yoghurt	Angel delight, fruit or yoghurt	Choc ice, ice cream, fruit or yoghurt
Drink	Water	Water	Water	Water	Water