St Joseph’s School Menu Winter 2023

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| **Week One 30 Oct/20 Nov/11 Dec** |  | **Week Two 6 Nov/27 Nov/18 Dec** |  | **Week Three 13 Nov/4 Dec** |
| **Monday**  Pepperoni pizza 2, 7  Cheese and tomato pizza 2, 7  Spiral pasta, sweetcorn, salad bar 2, 7  Fresh fruit, yoghurts 7  **Tuesday**  Mexican chicken  Rainbow noodles 2, 4  Rice, peas, carrots, salad bar, naan bread 2  Fresh fruit, yoghurts 7  **Wednesday**  Butchers’ beefburgers in soft rolls 2, 14  Vegetarian fingers 2  Spicy wedges, baked beans, sweetcorn, salad bar  Fresh fruit, yoghurts 7  **Thursday**  Toad-in-the-hole 2, 4, 7  Cauliflower cheese 2, 7  Roast potatoes, farmhouse vegetables, gravy 2, 14  Fresh fruit, yoghurts 7  **Friday**  Breaded fillet-of-fish 2, 5  Cheese and onion pasties 2, 7  Chunky chips, spaghetti hoops, peas, salad bar 2  Fresh fruit, chocolate cookies 2, 4, 7, 10, 13 |  | **Monday**  Chicken goujons with barbecue sauce 2, 13  Vegetarian quorn sausage 2, 4, 7, 13  Spicy wedges, sweetcorn, broccoli, salad bar 2 Fresh fruit, yoghurts 7  **Tuesday**  Meatballs in a tomato sauce with pasta 2  Cheese and tomato pasta 2, 7  Pasta, peas, carrots, garlic bread, salad bar 2, 7  Fresh fruit, yoghurts 7  **Wednesday**  Sweet and sour chicken  Savoury noodles 2, 4  Rice, sweetcorn, naan bread, salad bar 2, 7  Fresh fruit, yoghurts 7  **Thursday**  Roast pork with Yorkshire pudding 2, 4, 7  Vegetable medley cheese bake 2, 7  Roast potatoes, farmhouse vegetables, gravy 14  Fresh fruit, yoghurts 7  **Friday**  Breaded fillet-of-fish 2, 5  Cheese and onion pasties 2, 7  Chunky chips, spaghetti hoops, peas, salad bar 2  Fresh fruit, gingerbread men 2, 4, 7, 13 |  | **Monday**  Gammon with pineapple  Macaroni cheese 2, 7  Spicy wedges, sweetcorn, carrots, salad bar 2  Fresh fruit, yoghurts 7  **Tuesday**  Spaghetti bolognese 2  Vegetable grills 2, 4, 7, 13  Pasta, peas, broccoli, garlic bread, salad bar 2, 7  Fresh fruit, yoghurts 7  **Wednesday** Butchers’ finest sausages with gravy 2  Red pepper and tomato pasta 2  Mashed potatoes, sweetcorn, salad bar 7  Fresh fruit, yoghurts 7  **Thursday**  Roast chicken with Yorkshire pudding 2, 4, 7  Cauliflower and broccoli cheese 2, 7  Roast potatoes, farmhouse vegetables, gravy 14  Fresh fruit, yoghurts 7 **Friday**  Breaded fillet-of-fish 2, 5  Cheese and onion pasties 2, 7  Chunky chips, spaghetti hoops, peas, salad bar 2  Fresh fruit, artic roll 2, 7 |
| Gluten/dairy free options available  Fresh seasonal veg, salad and bread available |  | Gluten/dairy free options available  Fresh seasonal veg, salad and bread available |  | Gluten/dairy free options available  Fresh seasonal veg, salad and bread available |

Autumn 2023

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| **St Joseph’s School**  **Menu**  **Winter 2023** |  | **Allergens Key** |  | **Balanced**  **Good Quality**  **Nutrition**  Compassion Respect Truth  Service Forgiveness  [http://pull1.orgali.netdna-cdn.com/wp-content/uploads/2014/04/Fruits-and-vegetables-cartoon.jpg](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0CAcQjRw&url=http://orgali.ca/2014/04/constipation-101-4-tips-mitigate-constipation/&ei=H8-LVZHfDPTX7Aas3IPwBg&bvm=bv.96782255,d.ZGU&psig=AFQjCNGGH2p0c4ujQeMf675CWYO4I5xxmA&ust=1435312098040773) |
|  |  | |  |  |  | | --- | --- | --- | |  | 1 | Celery | | http://images.wisegeek.com/wheat.jpg | 2 | Cereal containing gluten | | http://www.scienceclarified.com/photos/crustaceans-2987.jpg | 3 | Crustaceans | | http://www.browneggsandlamb.com/images/stories/4eggs.png | 4 | Eggs | | https://www.yourguide2thelakedistrict.co.uk/images/fishing_in_the_lake_district_&_cumbria,_roach.jpg | 5 | Fish | | [http://thumbs.dreamstime.com/x/lupin-beans-23931585.jpg](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0CAcQjRw&url=http://www.dreamstime.com/royalty-free-stock-photo-lupin-beans-image23931585&ei=jryLVfuFDMHd7QalnaioCA&bvm=bv.96782255,d.ZGU&psig=AFQjCNHK2wGaEVw5zew7uPhY68hfWmJfxQ&ust=1435307497480186) | 6 | Lupin | | http://canigivemydog.com/wp-content/uploads/2011/11/can-i-give-my-dog-milk.jpg | 7 | Milk | | http://thumbs.dreamstime.com/x/edible-molluscs-19012067.jpg | 8 | Molluscs eg fish/snails/ squid/whelks/oysters | | http://www.mustardshopnorwich.co.uk/uploads/images/products/product_12_large.jpg | 9 | Mustard | | http://www.naturalfoodfinder.co.uk/sites/default/files/images/mixed_nuts.jpg | 10 | Nuts | | http://www.laboratoryequipment.com/sites/laboratoryequipment.com/files/112713_lw_peanut.jpg | 11 | Peanuts | | http://www.caltrate.com/sites/default/files/Sesame%20seeds.jpg | 12 | Sesame seeds | | http://www.easymandi.com/9878-3980-thickbox/soyfresh-soya-milk.jpg | 13 | Soya | | http://www.ima.co.uk/system/images/850/original/sulphur-dioxide.jpg?1388756565 | 14 | Sulphur dioxide | | Blessed George Napier Catholic School |
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