

St Joseph's Menu Spring 2023

Week One

4 Jan/23 Jan/20 Feb/13 Mar

Monday

Meatballs in a tomato sauce and spiral pasta 2
Cheese and tomato pasta 2, 7
Garlic bread, sweetcorn, broccoli, salad 2, 7
Yoghurts and fresh fruit 7

Tuesday

Mexican chicken and savoury rice
Stir fry noodles 2, 4
Naan bread, peas, salad 2
Yoghurts and fresh fruit 7

Wednesday

Beefburgers in a soft roll 2
Vegetable grills 2, 4, 13
Spicy wedges, baked beans, sweetcorn, salad 2
Yoghurts and fresh fruit 7

Thursday

Roast chicken with Yorkshire pudding 2, 4, 7
Cauliflower cheese 2, 7
Roast potatoes, farmhouse vegetables, gravy 2, 14
Yoghurts and fresh fruit 7

Friday

Baked breaded fish and chunky chips 2, 5
Cheese and onion pasties 2, 4, 7
Spaghetti hoops, peas 2
Chocolate cookies 2, 4, 7, 10, 13

*Gluten/dairy free options available
Fresh seasonal veg, salad and bread available*

Week Two

9 Jan/30 Jan/27 Feb/20 Mar

Monday

Gammon and pineapple
Macaroni cheese 2, 7
Baked wedges, peas, carrots, salad 2
Yoghurts and fresh fruit 7

Tuesday

Pepperoni pizza 2, 7
Margarita pizza 2, 7
Jacket potatoes, pasta, sweetcorn, salad 2
Yoghurts and fresh fruit 7

Wednesday

Sweet and sour chicken and savoury rice
Rainbow vegetables and noodles 2, 4
Naan bread, peas, broccoli, salad 2
Yoghurts and fresh fruit 7

Thursday

Toad-in-the-hole 2, 4, 7
Cauliflower and broccoli cheese 2, 7
Roast potatoes, farmhouse vegetables, gravy 2, 14
Yoghurts and fresh fruit 7

Friday

Baked breaded fish and chunky chips 2, 5
Cheese and onion pasties 2, 4, 7
Spaghetti hoops, peas 2
Artic roll and fresh fruit 2, 4, 7, 10, 13

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Fresh seasonal veg, salad and bread available*

Week Three

16 Jan/6 Feb/6 Mar/27 Mar

Monday

Chicken goujons with a barbecue dipping sauce 2
Quorn sausages 2, 4, 13
Spicy wedges, baked beans, peas, salad 2
Yoghurts and fresh fruit 7

Tuesday

Sausages and mashed potato 2, 14
Red pepper and tomato pasta 2
Sweetcorn, broccoli, salad
Yoghurts and fresh fruit 7

Wednesday

Spaghetti bolognese 2
Homemade tomato sauce and spiral pasta 2
Jacket potatoes and cheese 7
Garlic bread, peas, carrots 2, 7
Yoghurts and fresh fruit 7

Thursday

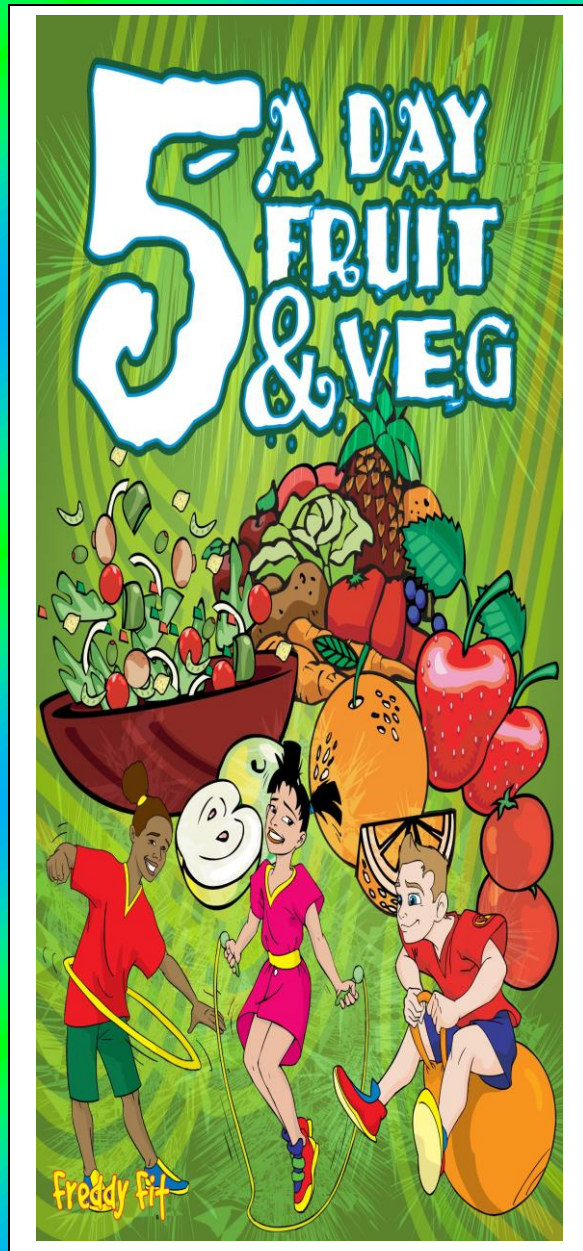
Roast pork with Yorkshire pudding 2, 4, 7
Cauliflower cheese 2, 7
Roast potatoes, farmhouse vegetables, gravy 2, 14
Yoghurts and fresh fruit 7

Friday















Baked breaded fish and chunky chips 2, 5
Cheese and onion pasties 2, 4, 7
Spaghetti hoops, peas 2
Choc ices 7

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Fresh seasonal veg, salad and bread available*

Spring 2023



Allergens Key

	1	Celery
	2	Cereal containing gluten
	3	Crustaceans
	4	Eggs
	5	Fish
	6	Lupin
	7	Milk
	8	Molluscs eg fish/snails/squid/welks/oysters
	9	Mustard
	10	Nuts
	11	Peanuts
	12	Sesame seeds
	13	Soya
	14	Sulphur dioxide

St Joseph's School

Menu

Spring 2023

Balanced

Good Quality

Nutrition

Compassion

Respect

Truth

Service

Forgiveness



Blessed George Napier Catholic School