

# St Joseph's Menu Summer/Autumn 2022

## Week One

5 Sep/26 Sep/17 Oct

### Monday

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

### Tuesday

Butcher's sausages 2, 14  
Red pepper and tomato pasta 2  
Mashed potato, sweetcorn, broccoli 2, 7  
Yoghurts and fresh fruit 7

### Wednesday

Chicken and sweetcorn pasta 2, 7  
Vegetable grills 2, 4, 13  
Spiral pasta, peas, salad, garlic bread 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 and fresh fruit 7

*Gluten/dairy free options available*

*Fresh seasonal veg, salad and bread available*

## Week Two

12 Sep/3 Oct

### Monday

Pepperoni pizza 2, 7  
Cheese and tomato pizza 2, 7  
Jacket potatoes and cheese, pasta, salad 2, 7  
Yoghurts and fresh fruit 7

### Tuesday

Barbecue chicken in a wrap 2  
Stir fry vegetables  
Baked wedges, peas, broccoli, salad 2  
Yoghurts and fresh fruit 7

### Wednesday

Spaghetti bolognese 2  
Vegetable balls 2, 4, 13  
Garlic bread, sweetcorn, salad 2, 7  
Yoghurts and fresh fruit 7

### Thursday

Roast chicken with Yorkshire pudding 2, 4, 7  
Quorn roast 4, 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  
Baked beans, peas  
Artic roll and fresh fruit 2, 4, 7, 10, 13

*Gluten/dairy free options available*

*Fresh seasonal veg, salad and bread available*

## Week Three

19 Sep/10 Oct

### Monday

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

### Tuesday

Chicken dippers in a barbecue sauce 2  
Stir fry noodles 2, 4  
Baked wedges, beans, peas, carrots, salad 2  
Yoghurts and fresh fruit 7

### Wednesday

Beefburgers in a soft roll 2, 14  
Quorn sausages 2, 4, 13  
New potatoes, sweetcorn, broccoli, salad  
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

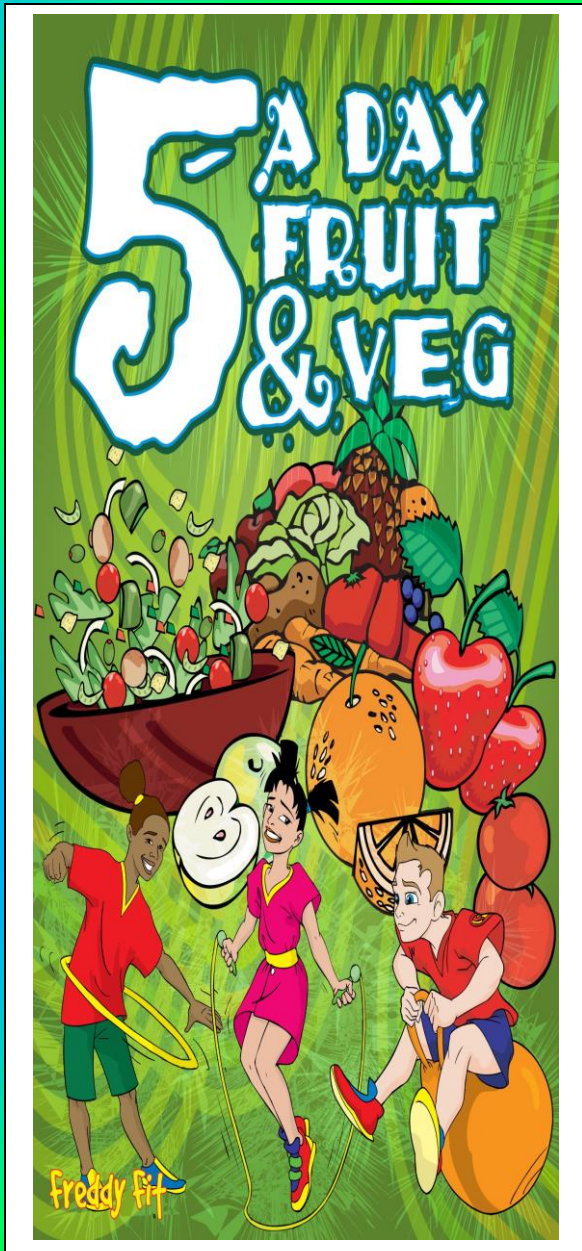
### Friday

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















*Gluten/dairy free options available*

*Fresh seasonal veg, salad and bread available*

Summer/Autumn 2022



## Allergens Key

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

# St Joseph's School

## Menu

Summer/Autumn 2022

Balanced

Good Quality

Nutrition

Compassion

Respect

Truth

Service

Forgiveness



Blessed George Napier Catholic School