








St Benedict's Catholic Primary School - Week One








MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Sausage & Mash Choose from fresh butcher's quality pork sausages or Quorn sausages served with homemade mashed potatoes, peas, and gravy.</p> 	<p>Chicken & Tomato Pasta bake Fresh chicken pieces cooked in a homemade tomato sauce and mixed with pasta spirals served with broccoli</p> 	<p>Roast Dinner Choose from roast of the day or a Quorn fillet served with roast potatoes, carrots, cauliflower, and gravy.</p> 	<p>St Benedict's Chicken Curry Choose from a homemade Chicken Curry or a Quorn Curry served with Basmati Rice, Naan bread & sweetcorn.</p> 	<p>Fish & Chips Choose from either Battered Cod fillet, Cod fillet fish fingers, or Quorn nuggets oven and served with chips and peas or baked bean</p> 
<p><i>Jacket Potatoes and Paninis are also available daily as a hot alternative</i></p>				
<p><i>Or</i></p>				
<p>Deli Bar - Available Everyday Design your own sandwich, first choose your bread - wraps, assorted batch or sliced bread, then choose your filling a selection of the following will be available daily - ham, cheese, tuna, turkey, and finally. finish with a choice of salad - carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot and peppers.</p>				
<p>Dessert Fresh Fruit, Fruit Pots, Yogurts and Cheese and Crackers are available daily along with the dessert of the day</p>				
<p>Drink A selection of juice and water will be available daily</p>				



St Benedict's Catholic Primary School - Week Two





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Pasta Bar Pasta served with your chosen topping choose from Tomato or cheese sauce, topped with ham, cheese or pepperoni</p> 	<p>Chilli Nachos Choose from either fresh minced beef or Veggie mince cooked with onions, mild chilli powder, and red kidney beans & nachos and served on a bed of rice.</p> 	<p>Roast Dinner Choose from either roast of the day or a Quorn fillet. served with roast potatoes, carrots, green beans, and gravy</p> 	<p>Meatballs in Tomato Sauce Choose from fresh meatballs or Quorn balls cooked in a homemade tomato sauce served with spaghetti pasta and broccoli.</p> 	<p>'Fish Fry Day' Choose from either. Battered Cod fillet, Lemon & Garlic Salmon Fillet or a Quorn nugget baked in the oven and served with chips and mushy peas or baked beans</p> 
<p><i>Jacket Potatoes and Paninis are also available daily as a hot alternative</i></p>				
<p><i>Or</i></p>				
<p>Deli Bar - Available Everyday Design your own sandwich, first choose your bread - wraps, assorted batch or sliced bread, then choose your filling a selection of the following will be available daily - ham, cheese, tuna, turkey, and finally. finish with a choice of salad - carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot and peppers.</p>				
<p>Dessert Fresh Fruit, Fruit Pots, Yogurts and Cheese and Crackers are available daily along with the dessert of the day</p>				
<p>Drink A selection of juice and water will be available daily</p>				



St Benedict's Catholic Primary School - Week Three



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Homemade Pizza Choose from cheese & tomato or pepperoni served with sweetcorn and potato wedges</p> 	<p>All Day Breakfast Choose from a rasher of bacon or a Quorn sausage, served with scrambled eggs, baked beans, mushrooms, tomatoes, and Brown bread.</p> 	<p>Roast Dinner Choose from either roast of the day or a Quorn fillet served with Yorkshire pudding, roast potatoes, carrots, green beans and gravy.</p> 	<p>Spaghetti Bolognaise Choose from fresh minced beef or Veggie mince cooked with onions, garlic, tomatoes, and herbs, served on a bed of pasta with broccoli</p> 	<p>Fish & Chips Choose from either Battered Cod fillet, Cod fillet fish fingers, or Quorn nuggets oven and served with chips and peas or baked beans</p> 
<p><i>Jacket Potatoes and Paninis are also available daily as a hot alternative</i></p>				
<p><i>Or</i></p>				
<p>Deli Bar - Available Everyday Design your own sandwich, first choose your bread - wraps, assorted batch or sliced bread, then choose your filling a selection of the following will be available daily - ham, cheese, tuna, turkey, and finally. finish with a choice of salad - carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot and peppers.</p>				
<p>Dessert Fresh Fruit, Fruit Pots, Yogurts and Cheese and Crackers are available daily along with the dessert of the day</p>				
<p>Drink A selection of juice and water will be available daily</p>				