



# Saint Nicholas Lunch Week One

# MENU



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Bacon / Sausage / hash brown / beans / egg Selection of Pastries Pancake or waffle Porridge bar Yogurt pot Whole Fresh Fruit	Bacon / Sausage / hash brown / beans / egg Selection of Pastries Pancake or waffle Porridge bar Yogurt pot Whole Fresh Fruit	Bacon / Sausage / hash brown / beans / egg Selection of Pastries Pancake or waffle Porridge bar Yogurt pot Whole Fresh Fruit	Bacon / Sausage / hash brown / beans / egg Selection of Pastries Pancake or waffle Porridge bar Yogurt pot Whole Fresh Fruit	Bacon / Sausage / hash brown / beans / egg Selection of Pastries Pancake or waffle Porridge bar Yogurt pot Whole Fresh Fruit
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Spring vegetable	Summer Tomato & oregano	Curried cauliflower & coconut	Roasted broccoli	Carrot & mixed bean soup
<b>PASTA BAR</b> Macaroni / Fusilli / Wholemeal  Tomato & fresh basil  Baby spinach, black olive & artichoke tomato sauce  Mushroom & garlic cream sauce <b>Vegetables &amp; Sides</b> Homemade focaccia, marinated olives, roquette, pimento pesto, roquette pesto, sundried tomato, parmesan, grated cheddar, salsa Verde, chilli oil, rosemary oil, lemon oil,  <b>Roasted vegetables</b>  Jacket or sweet potatoes, beans  <b>Dessert</b> Coconut and apricot flap jack	<b>Main Course</b> Pulled paprika chicken with roasted peppers & onions.  Pitta bread  <b>Vegetarian Option</b> Barbeque Quorn, spinach, butternut squash & avocado wrap  <b>PASTA OF THE DAY</b> Pasta with Tomato & oregano sauce  <b>Jacket Potato Station</b> Jacket or squash, Cheddar cheese, beans  <b>Vegetables &amp; Sides</b> Roasted herby potatoes, roasted cauliflower, green beans  <b>Dessert</b> Summer strawberry Mousse cup	<b>Primary</b> Roasted pork loin  <b>Main Course</b> Roasted pork loin  <b>Vegetarian Option</b> Vegetarian mince & mixed bean topped with crunchy nachos topped with Greek yogurt  <b>PASTA OF THE DAY</b> Pasta with Tomato & oregano sauce  <b>Jacket Potato Station</b> Jacket or sweet potatoes, Cheddar cheese, beans  <b>Vegetables &amp; Sides</b> Roast Potatoes, broccoli, carrots  <b>Dessert</b> Carrot & sunflower seed iced slice	<b>Primary</b> Mild Mexican beef burrito  <b>Main Course</b> Mexican braised beef taco  <b>Vegetarian Option</b> Feta, spinach, leek & pimento tart topped with tomato salsa  <b>PASTA OF THE DAY</b> Mac N Cheese  <b>Jacket Potato Station</b> Jacket or squash, Cheddar cheese, beans  <b>Vegetables &amp; Sides</b> Braised rice, taco, corn on cob, whole green beans  <b>Dessert</b> Marble cake topped with chocolate drizzle	<b>Primary</b> Fish Fingers or Chicken nuggets  <b>Main Course</b> Battered fish or breaded chicken burger  <b>Vegetarian Option</b> Margarita Pizza  <b>Jacket Potato Station</b> Jacket, sweet potatoes, Cheddar cheese, beans  <b>Vegetables &amp; Sides</b> Chipped Potatoes, Peas, beans, tartare sauce  <b>Dessert</b> Fresh Cut Fruit Greek Yoghurt pots Jelly pots