



# Saint Nicholas Lunch Week Three

# 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 bar Porridge bar Assorted Yogurt pot Whole Fresh Fruit	Bacon / Sausage / hash brown / beans / egg Selection of Pastries Pancake bar Porridge bar Assorted Yogurt pot Whole Fresh Fruit	Bacon / Sausage / hash brown / beans / egg Selection of Pastries Pancake bar Porridge bar Assorted Yogurt pot Whole Fresh Fruit	Bacon / Sausage / hash brown / beans / egg Selection of Pastries Pancake bar Porridge bar Assorted Yogurt pot Whole Fresh Fruit	Bacon / Sausage / hash brown / beans / egg Selection of Pastries Pancake bar Porridge bar Assorted Yogurt pot Whole Fresh Fruit
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Tomato & Basil Soup  <b>Sustainable Monday</b> Pasta with selection of sauces  <b>Pasta Sauces</b> Tomato & fresh basil  Courgette & mixed bean & pimento pepper sauce  Spinach, sweet potato & ricotta lasagne topped with pesto  <b>Jacket Potato Station</b> Jacket, sweet potatoes or squash, Cheddar cheese,  <b>Vegetables &amp; Sides</b> Garlic slice, Sweetcorn, beans  <b>Dessert</b> Apple Crumble & Custard	Roasted Carrot & honey soup <b>Primary</b> Hoi sin Chicken & vegetables  <b>Main Course</b> Hoi sin Chicken & vegetables  <b>Vegetarian Option</b> Honey & ginger Quorn & vegetables  <b>PASTA OF THE DAY</b> Pasta with tomato & oregano sauce  <b>Jacket Potato Station</b> Jacket, sweet potatoes or squash, Cheddar cheese  <b>Vegetables &amp; Sides</b> Egg noodles, stir fry vegetables, roasted cauliflower, beans  <b>Dessert</b> Mixed berry sponge & cream	Spanish bean & tomato soup  <b>Primary</b> Roast gammon & gravy  <b>Main Course</b> Roast gammon & gravy  <b>Vegetarian Option</b> Chunky Vegetarian, lentil & butterbean pie  <b>PASTA OF THE DAY</b> Pasta with tomato & oregano sauce  <b>Jacket Potato Station</b> Jacket, sweet potatoes or squash, Cheddar cheese  <b>Vegetables &amp; Sides</b> Crispy roast potatoes, broccoli, carrots, beans  <b>Dessert</b> Jam slice	Broccoli soup <b>Primary</b> Turkey, corn & leak pie  <b>Main Course</b> Turkey, corn & leak pie  <b>Vegetarian Option</b> Onion bhaji, roasted vegetable & mint yoghurt wrap  <b>PASTA OF THE DAY</b> Pasta with tomato & oregano sauce  <b>Jacket Potato Station</b> Jacket, sweet potatoes or squash, Cheddar cheese  <b>Vegetables &amp; Sides</b> Thyme new potatoes, courgette provincial, green beans, beans  <b>Dessert</b> Homemade Fruity flap jack	Roasted sweet potato soup <b>Primary</b> Beef Burger in bap / fish fingers  <b>Main Course</b> Beef Burger in bap / battered fish  <b>Vegetarian Option</b> Vegetable sausage toad in the hole & onion gravy  <b>Jacket Potato Station</b> Jacket, sweet potatoes or squash, Cheddar cheese  <b>Vegetables &amp; Sides</b> Chips, burger cheese, lettuce, tomato, beans  <b>Dessert</b> Fresh Cut Fruit Greek Yoghurt Jelly pot