



# 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  Mushroom & oregano cream 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, roasted vegetables, beans  <b>Dessert</b> Vanilla whip topped with peach compote cup	Mediterranean vegetable soup <b>Primary</b> BBQ chicken topped with roasted peppers & cheese  <b>Main Course</b> BBQ chicken topped with roasted peppers & cheese  <b>Vegetarian Option</b> Vegetable mince & vegetable Mexican Quesadilla  <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> Steamed parsley new potatoes, sweetcorn, roasted cauliflower, beans  <b>Dessert</b> Mixed berry sponge	Spanish bean & tomato soup  <b>Primary</b> Roast gammon & gravy  <b>Main Course</b> Roast gammon & gravy  <b>Vegetarian Option</b> Butternut, spinach & cauliflower tagine bake topped with crushed potatoes  <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> Pulled turkey fajita with coriander & sauté vegetables  <b>Main Course</b> Pulled turkey fajita with coriander & sauté vegetables  <b>Vegetarian Option</b> Vegan nugget wrap filled with roasted vegetable & sweet chilli  <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> Braised rice, green beans, Tomato & cucumber salad  <b>Dessert</b> Homemade Fruity flap jack	Roasted courgette & plum tomato 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 hot dog in bap with fried onions  <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