



Saint Nicholas Lunch Week Three

MENU



Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
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
Lunch	Lunch	Lunch	Lunch	Lunch
Curried vegetable & rice soup	Parsnip soup	Tomato & Basil Soup	Broccoli soup	Sweet potato soup
Sustainable Monday Pasta with selection of sauces	Primary Five spice pork & vegetables with pineapple & honey	Primary Roast chicken & gravy	Primary Cottage pie topped with crushed potatoes	Primary Fish fingers / Hot dog in bun
Pasta Sauces Tomato & fresh basil Spanish olive, paprika & roasted pepper sauce Meatless mince lasagne	Main Course Five spice pork & vegetables with pineapple & honey	Main Course Roast chicken & gravy	Main Course Cottage pie topped with crushed potatoes.	Main Course Battered fish / Hot dog in bun
	Vegetarian Option Quorn, vegetable & mixed bean tortilla pie	Vegetarian Option Root vegetable crumble	Vegetarian Option Pitta topped with feta, tomato, spinach & squash.	Vegetarian Option Vegetarian burger with sliced tomato & lettuce
	PASTA OF THE DAY Pasta with tomato & oregano sauce	PASTA OF THE DAY Pasta with tomato & oregano sauce	PASTA OF THE DAY Pasta with tomato & oregano sauce	Jacket Potato Station Jacket, squash, cheddar cheese
Jacket Potato Station Jacket, squash, Cheddar cheese,	Jacket Potato Station Jacket, sweet potatoes, cheddar cheese	Jacket Potato Station Jacket, squash, cheddar cheese	Jacket Potato Station Jacket, sweet potatoes, cheddar cheese	Vegetables & Sides Chips, fried onions, American mustard, garden peas, beans
Vegetables & Sides Garlic slice, green beans, beans	Vegetables & Sides Braised rice, savoy cabbage, sweetcorn beans	Vegetables & Sides Roast potatoes, broccoli, carrots, beans	Vegetables & Sides New potatoes, roasted mixed vegetable, beans	Dessert Fresh Cut Fruit Yoghurt pot Jelly pot
Dessert Mixed berry mousse	Dessert Vanilla & chocolate chip sponge & custard	Dessert Chocolate rice Krispies topped with marshmallow	Dessert Homemade Fruity flap jack	