## St Agnes Lunch Menu – Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
Meal Option 1	Sausage and gravy	Spaghetti	Beef and pepper	Cheese Pie	Beef burger
		Bolognaise	Tacos		
Meal Option 2	Home-made	Cheese Swirls	Battered fish	Veggie balls and	Pizza
	Omelette			pasta bake	
Meal Option 3	Tuna, Ham and	Jacket Potato with	Jacket Potato with	Tuna, Ham and	Jacket Potato with
	cheese sandwiches	Salad, cheese and	Salad, cheese and	cheese sandwiches	Salad, cheese and
		beans	beans		Tuna
Vegetables	Carrots	Peas and	Broccoli	Greenbeans and	Beans
	Peas	sweetcorn	Carrots	carrots	Sweetcorn
Carbohydrates	Wedges	Mash	Roast potatoes	Wedges	Chips
	Selection of Bread				
Dessert	Biscuits – cookies	Chocolate chip	Ice-cream	Jelly	Arctic Roll
	or shortbread	muffins	Peaches	Fruit	Biscuits
	Fruit	Angel Delight	Fruit	Yoghurt	Yoghurt
	Yoghurt	Fruit	Yoghurt		Fruit
		Yoghurt			
Drink	Water	Water	Water	Water	Water
					Fresh fruit Juice

## St Agnes Lunch Menu – Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
Meal Option 1	Tomato Pasta Bake	Chicken Curry	Chicken Roast Dinner	Fish cakes	Pizza
Meal Option 2	Vegetarian Sausage Rolls	Mac and Cheese	Quorn dippers	Cheese Swirls	Hot dog
Meal Option 3	Jacket Potato with Salad, cheese, tune and beans	Tuna, Ham and cheese sandwiches	Tuna, Ham and cheese sandwiches	Jacket Potato with Salad, cheese and Tuna	Tuna, Ham and cheese sandwiches
Vegetables	Peas Vegetable medley	Peas and sweetcorn	Broccoli Carrots	Sweetcorn, greenbeans and peas	Beans Sweetcorn
Carbohydrates	Wedges Selection of Bread	Rice Selection of Bread	Roast Selection of Bread	Wedges Selection of Bread	Chips Selection of Bread
Dessert	Cheese and Crackers Fruit Yoghurt	Biscuits Fruit Yoghurt	Ice cream Fruit Yoghurt	Angel delight with toffee sauce Fruit Yoghurt	Doughnut Yoghurt Fruit
Drink	Water	Water	Water	Water	Water Milkshake

## St Agnes Lunch Menu – Week 3



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	Monday	Tuesday	Wednesday	Thursday	Friday
Meal Option 1	Veggie balls and	Lasagne	Mince beef crumble /	Chicken Wraps	Chicken dippers
	pasta		dumplings		
Meal Option 2	Cheese pie	Cheese and onion	Quorn Spaghetti	Tomato Pasta	Pizza
		Rolls	Bolognese		
Meal Option 3	Jacket Potato with	Tuna, Ham and	Jacket Potato with	Tuna, Ham and	Jacket Potato with
	Salad, cheese, tuna	cheese sandwiches	Salad, cheese and	cheese sandwiches	Salad, cheese and
	and beans		Tuna		Tuna
Vegetables	Peas, greenbeans	Sweetcorn, carrots	Sweetcorn, broccoli	Mixed Veg	Beans
	and sweetcorn	and peas	and peas	Peas	Sweetcorn
Carbohydrates	Diced potatoes	Wedges	Roast	Wedges	Cheesy Chips
	Selection of Bread	Garlic bread	Selection of Bread	Selection of Bread	Selection of Bread
		Selection of Bread			
Dessert	Biscuits	Scones and jam	Buns	Frozen Yoghurt	Choc Ice
	Fruit	Fruit	Fruit	Fruit	Yoghurt
	Yoghurt	Yoghurt	Yoghurt		Fruit
Drink	Water	Water	Water	Water	Water
					Fresh Fruit juice