

St. Vincent de Paul Catholic Primary School

31 st August, 28 th September, 2 nd November, 30 th November 2016	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Wholemeal Salmon Fillet with Baked Potato Wedges	Pork Loin in BBQ Sauce with Rice	All Day Breakfast (Sausage, scrambled egg and hash brown)	Homemade Chicken Pie and Gravy with Boiled Potatoes	Homemade Scouse with Malted Wheat Petit Pain
Vegetarian	Quorn Burger in a Bun with Baked Potato Wedges	Cheesy Baked Jacket Potato	Vegetarian All Day Breakfast with Quorn Sausage	BBQ Quorn Pitta Pocket	Tuna Pasta
Vegetables	Garden Peas Side Salad	Green Beans Side Salad	Baked Beans Side Salad	Carrots Side Salad	Beetroot Side Salad
Quick Picks	A Daily Selection of Sandwiches, Main Course Salad and Filled Jacket Potatoes will be available				
Dessert	Homemade Fruit Crumble with Creamy Custard	Fresh Fruit Salad Strawberry Milkshake	Individual Baked Egg Custard	Fruit Jelly with Ice Cream	Homemade Mandarin Muffin Glass of Milk

Bread will be available with Main meals. We also offer a choice of yoghurts or fresh fruit as a dessert alternative

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7 th September, 5 th October, 9 th November, 7 th December 2016	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Sausages in Gravy with Creamy Mashed Potatoes	Homemade Chicken Thighs in BBQ Sauce with Rice	Roast Chicken Breast, Stuffing and Gravy with Roast Potatoes	Homemade Lasagne	Fish Goujons with Baked Jacket Potatoes
Vegetarian	Quorn Sausage in Gravy with Creamy Mashed Potatoes	Homemade Quorn in BBQ Sauce with Rice	Homemade Cheese Pie	Homemade Vegetable Lasagne	
Vegetables	Baked Beans Side Salad	Green Beans Side Salad	Broccoli Florets Side Salad	Salad	Peas and Sweetcorn Side Salad
Quick Picks	A Daily Selection of Sandwiches, Main Course Salad and Filled Jacket Potatoes will be available				
Dessert	Homemade Chocolate Apricot Cookie Orange Juice Cuplet	Homemade Apple Crumble and Cream Orange Juice Cuplet	Pears, Mandarins and Ice Cream	Homemade Victoria Sandwich	Homemade Pear and Chocolate Crumble with Creamy Custard

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14 th September, 12 th October, 16 th November, 14 th December 2016	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Salmon Fillet in Wholemeal Crumb with Jacket Potato Wedges	Homemade Spaghetti Bolognaise	Homemade Sweet and Sour Chicken with Rice	Beef burger in Gravy with Chipped Potatoes	Homemade Pizza With Garlic Bread
Vegetarian		Homemade Vegetarian Bolognaise with Spaghetti	Homemade Sweet and Sour Quorn with Rice	Quorn Burger in Gravy with Chipped Potatoes	Homemade Pizza With Garlic Bread
Vegetables	Peas and Sweetcorn Side Salad	Salad	Green Beans Side Salad	Carrots Side Salad	Salad
Quick Picks	A Daily Selection of Sandwiches, Main Course Salad and Filled Jacket Potatoes will be available				
Dessert	Homemade Cherry Crumble and Ice Cream	Homemade Apricot Slice Orange Juice Cuplet	Fresh Fruit Salad with Cream	Homemade Enriched Chocolate Sponge with Custard	Homemade Snapjack with Chocolate Milkbreak or Glass of Milk

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21 st September, 19 th October, 23 rd November 2016	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Creamy Scrambled Egg, Sausage and Hash Brown	Homemade Chicken Pie and Gravy with Boiled Potatoes	Homemade Spicy Meatballs with Pasta Spirals	Homemade Scouse with Crusty Bread	Salmon Fillet with Baked Jacket Potato Wedges
Vegetarian	Creamy Scrambled Egg, Quorn Sausage and Hash Brown	Bombay Potato Curry with Rice	Selection of Filled Jacket Potatoes	Homemade Huevos Rancheros	
Vegetables	Baked Beans Side Salad	Salad	Carrots Side Salad	Beetroot Salad	Peas Side Salad
Quick Picks	A Daily Selection of Sandwiches, Main Course Salad and Filled Jacket Potatoes will be available				
Dessert	Arctic Roll with Mandarins	Jam Tart and Cream Fruit Juice	Homemade Frosted Cup Cake Orange Juice	Homemade Apple Crumble with Creamy Custard	Cheese and Crackers with Grapes Glass of Milkshake

Bread will be available with Main meals. We also offer a choice of yoghurts or fresh fruit as a dessert alternative