

[WEEKLY MENU]



Week 1

Weeks Commencing: Monday: 12th April - Monday 3rd May - Monday 24th May - Monday 21st June - Monday 12th July



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish of the Day	Butcher's Choice Sausages Caramelised Onions & Gravy (G, SU)	Mexican Style Beef (CE, MU)	Roast Chicken & Roast Gravy	Beef Lasagne (G, MK)	Crispy Battered Fish Fillet (F, G)
Vegetarian Dish of the Day	Quorn Sausages Caramelised Onions, Gravy (E, G, MK, SU)	Roasted Vegetable & Bean Fajita (CE, G, MU, SU)	Sweet Potato, Red Onion & Lentil Pasty (CE, E, G)	Roasted Winter Vegetable Lasagne (G, MK)	Macaroni Cheese (G, MK)
Fish Dish of the Day	Fish Arrabiatta (CE, F, G)	Seafood Paella (CE, F, MU)	Fish Fingers with Lemon Mayo (E, F, G)	Fish Pie with Potato Crust (F, G, MK)	Chef's Special
Vegetable Choice	Mashed Potato (MK) Carrots Garden Peas	Jollof Rice CE, MU Broccoli Sweetcorn	Roast Potatos Medley of Seasonal Vegetables	Garlic Bread (G, MK) Green Beans Carrots	Chipped Potatoes Baked Beans Seasonal Vegetables
Dessert of the Day	Shortbread Biscuit (G) Fresh Fruit Salad	Lemon Drizzle Cake with Vanilla Sauce (E, G, MK) Fresh Fruit Salad	Iced Vanilla Sponge (E, G) Fresh Fruit Salad	Fruit Jelly Fresh Fruit Salad	American Waffle with Caramel Sauce (E, G, MK, SO)
Cold Selection	Help Yourself Salad Bar Home Baked Breads (G) Fresh Fruit	Help Yourself Salad Bar Home Baked Breads (G) Fresh Fruit	Help Yourself Salad Bar Home Baked Breads (G) Fresh Fruit	Help Yourself Salad Bar Home Baked Breads (G) Fresh Fruit	Help Yourself Salad Bar Home Baked Breads (G) Fresh Fruit

Allergens:

CE = Celery E = Egg F = Fish G = Gluten MK = Milk MU = Mustard SO = Soya SU = Sulphur Dioxide

St Winefride's



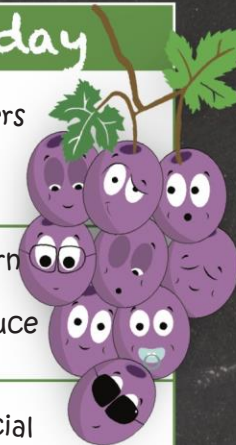
[WEEKLY MENU]



Week 2

Weeks Commencing: Monday 19th April - Monday 10th May - Monday 7th June - Monday 28th June

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish of the Day	Sticky Chinese Chicken (G, SO)	Meat Feast Pizza (G, MK)	Roast Beef, Yorkshire Pudding & Roast Gravy (E, G, MK)	Savoury Chicken Mince (CE)	Fish Fingers (F, G)
Vegetarian Dish of the Day	Chickepeas, Sweet Potato & Pepper Stew (CE, SU)	Margherita Pizza (G, MK)	Quorn Sausage "Toad in the Hole" (CE, E, G, MK)	Cheese & Leek Tart (E, G, MK)	Vegan Quorn Nuggets & Tomato Sauce (G)
Fish Dish of the Day	Fish & Lentil Dhal (CE, F, MU)	Seafood & Dill Pasta Bake (CE, F, G, MK)	Fish & Sweet Potato Burrito (F, G, MU)	Seafood & Roasted Vegetable Lasagne (F, G, MK)	Chef's Special
Vegetable Choice	Jollof Rice (CE, MU) Carrots Peas	Seasoned Wedges (G) Broccoli Florets	Baby Roast Potatoes Sliced Carrots Green Beans	Steamed Parsley Potatoes Sliced Carrots Green beans	Chipped Potatoes Baked Beans Seasonal Vegetables
Dessert of the Day	Carrot Cake & Custard (E, G, MK) Fresh Fruit Salad	Fruity Jelly Fresh Fruit Salad	Marble Sponge & Chocolate Sauce (E, G, MK) Fresh Fruit Salad	Fruit Yoghurt with Oat & Raisin Cookie (G, MK) Fresh Fruit Salad	Cherry Apple Pie with Custard (E, G, MK) Fresh Fruit Salad
Cold Selection	Help Yourself Salad Bar Home Baked Breads (G) Fresh Fruit	Help Yourself Salad Bar Home Baked Breads (G) Fresh Fruit	Help Yourself Salad Bar Home Baked Breads (G) Fresh Fruit	Help Yourself Salad Bar Home Baked Breads (G) Fresh Fruit	Help Yourself Salad Bar Home Baked Breads (G) Fresh Fruit



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Week 3

Weeks Commencing: Monday 26th April - Monday 17th May - Monday 14th June - Monday 5th July



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish of the Day	Beef in a Rich Tomato & Pesto Sauce (MK)	Chicken Korma (MK, MU)	Roast Turkey, Stuffing & Roast Gravy (G)	Beef Bolognese	Battered Fish Fillet (F, G)
Vegetarian Dish of the Day	Vegetable Sausage Hot Dog & Ketchup (CE, G)	Chickpea & Vegetable Masala (CE, MK, MU, SU)	"Veggie" Shepherdess Pie (CE, E, MK)	Sweetcorn & Kale Potato Cake (G)	Mild Veggie Chilli
Fish Dish of the Day	Fish Burger with Ketchup (E, F, G)	Seafood Goulash (CE, F)	Hoi Sin & Ginger Seafood Noodles (CE, E, F, G, SO)	Fish & Spinach Penne Pasta (F, G)	Chef's Special
Vegetable Choice	Seasoned Wedges (G) Garden Peas Carrots	Steamed Rice Broccoli Sweetcorn	Roast Potatoes Baton Carrots Sauté Savoy Cabbage	Pasta (G) Green Beans Seasonal Vegetables	Chipped Potatoes Baked Beans Garden Peas
Dessert of the Day	Peach Melba Slice & Custard (E, G, MK) Fresh Fruit Salad	Cherry Cheesecake (G, MK) Fresh Fruit Salad	Orange & Chocolate Sponge with Chocolate Sauce (E, G, MK) Fresh Fruit Salad	Fruity Jelly Fresh Fruit Salad	Ice-Cream Roll & Lemon Sauce (E, G, MK, SO) Fresh Fruit Salad
Cold Selection	Help Yourself Salad Bar Home Baked Breads (G) Fresh Fruit	Help Yourself Salad Bar Home Baked Breads (G) Fresh Fruit	Help Yourself Salad Bar Home Baked Breads (G) Fresh Fruit	Help Yourself Salad Bar Home Baked Breads (G) Fresh Fruit	Help Yourself Salad Bar Home Baked Breads (G) Fresh Fruit

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