



## Larmenier & Sacred Heart Catholic Primary School

Lunch Menu – Week 1 (*Weeks beginning: 2/11/2020, 16/11/2020, 30/11/2020 and 14/12/2020*)

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Main 1</b>	Beef Meatballs in Tomato Sauce with Penne Pasta (G)	Pizza (Cheese & Tomato) (G, D)	Chickpea and Sweet Potato Curry (Coconut based)	Roast Chicken	Fresh Fish Goujons in a light batter (Hake, Haddock or Whiting) (G, E, F)
<b>Main 2 (Vegetarian)</b>	Pesto Penne Pasta (G)		Mixed Vegetable Curry (Tomato based)	Cheese and Potato Pastry Pockets (G, D)	Vegetarian Enchiladas
<b>Accompaniment</b>	Roasted Broccoli	Crushed Roasted New Potatoes	Rice	Roast Potatoes (Su)	Chips (Su)
<b>Vegetable additions</b>	Sugar Snap Peas	Garlicky Green Beans	Green Beans and Mange Tout	Roasted Carrots Cabbage	Crushed Peas Homemade Ketchup (M)
<b>Additions</b>	Carrot Sticks Cucumber Slices	Cucumber Slices Tomato Slices	Cucumber Slices Tomato Slices	Vegetable Gravy	Mixed Salad
<b>Bread</b>	Focaccia (G)		Cumin and Fennel Bread (G)	Tomato Bread (G)	Wholemeal Bread (G)
<b>Dessert</b>	Fresh Fruit or Cookie (G)	Fresh Fruit or Yoghurt (D)	Fresh Fruit or Pear and Yoghurt Cake (G)	Fresh Fruit or Yoghurt (D)	Fresh Fruit or Yoghurt (D)

Allergens: C = Celery D = Dairy E = Egg F = Fish G = Gluten M = Mustard Soy = Soya SS = Sesame Su = Sulphates

*\*All vegetarian meals are suitable for vegans*

***If your child has any allergies, please contact the school office so that the Head Chef can be fully informed of your child's needs.***

This menu is subject to variations as fresh ingredients are delivered daily.