



## Larmenier & Sacred Heart Catholic Primary School

### Lunch Menu –Week 2 *(Weeks beginning: 9/11/2020, 23/11/20 and 7/12/2020)*

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Main 1</b>	Roasted Pork Sausages	Pizza (Cheese and Tomato) <i>(G, D)</i>	Shepherd's Pie <i>(D)</i>	Pasta with Tomato Sauce <i>(G, D)</i>	Fresh Fish Goujons in Panko Breadcrumbs <i>(Hake, Haddock or Whiting)</i> <i>(G, E, F)</i>
<b>Main 2 (Vegetarian)</b>	Roasted Veggie Sausages		Vegetable Pie <i>(Su)</i>	Macaroni Cheese <i>(G, D)</i>	Jacket Potato with Cheese
<b>Accompaniment</b>	Mashed Potatoes <i>(Su)</i>	Herby Couscous <i>(G)</i>	Broccoli and Rosemary	Dressed Spinach and Tomato Salad	Potato wedges <i>(Su)</i>
<b>Vegetable additions</b>	Peas	Dressed Baby Spinach Salad	Carrots and Roasted Parsnips		Peas Chef's Baked Beans
<b>Additions</b>	Onion Gravy	Carrot Sticks Cucumber Slices	Vegetable Gravy	Cucumber Slices Grated Carrot	Mixed Salad
<b>Bread</b>	Wholemeal Bread <i>(G)</i>		Tiger Bread <i>(G)</i>	Garlic Bread <i>(G)</i>	Smoked Paprika Bread <i>(G)</i>
<b>Dessert</b>	Fresh Fruit or Yoghurt <i>(D)</i>	Fresh Fruit or Apple Crumble and Custard <i>(G, D)</i>	Fresh Fruit or Yoghurt <i>(D)</i>	Fresh Fruit or Beetroot Chocolate Cake <i>(G)</i>	Fresh Fruit or Yoghurt <i>(D)</i>

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.