



Larmenier & Sacred Heart Catholic Primary School

Lunch Menu – Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Meatballs in Tomato Sauce	Pizza (Cheese, Tomato and Lentil) <i>(G, D)</i>	Roast Chicken	Chickpea and Sweet Potato Curry <i>(Coconut based)</i>	Fresh Fish Goujons <i>(Hake, Haddock or Whiting) (G, E, F)</i>
Main 2 (Vegetarian)	Roasted Vegetables in Tomato Sauce		Cheese and Potato Pastry Pockets <i>(G, D)</i>	Mixed Vegetable Curry <i>(Tomato based)</i>	Sweetcorn Fritters
Accompaniment	Spaghetti <i>(E)</i>	Crushed Roasted New Potatoes	Mashed Potato <i>(Su)</i>	Rice	Chips <i>(Su)</i>
Vegetable additions	Roasted Broccoli	Dressed Baby Spinach Salad	Roasted Carrots Cabbage	Green Beans and Mange Tout	Crushed Peas Homemade Ketchup <i>(M)</i>
Sharing on tables	Sugar Snap Peas	Cucumber Slices Tomato Slices	Vegetable Gravy	Cucumber Slices Tomato Slices	Mixed Salad
Bread	Tomato Bread <i>(G)</i>		Focaccia <i>(G)</i>	Cumin and Fennel Bread <i>(G)</i>	Wholemeal Bread <i>(G)</i>
Dessert	Fresh Fruit or Cookie <i>(G)</i>	Fresh Fruit or Yoghurt <i>(D)</i>	Fresh Fruit or Yoghurt <i>(D)</i>	Fresh Fruit or Pear and Yoghurt Cake <i>(G)</i>	Fresh Fruit or Yoghurt <i>(D)</i>

D = Dairy G=Gluten E=Egg F=Fish Su=Sulphates M=Mustard

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.