



Larmenier & Sacred Heart Catholic Primary School
 Lunch Menu –Week 2 *(Weeks beginning: 1/2/2021, 22/2/2021)*

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	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>
Main 2 (Vegetarian)	Roasted Veggie Sausages		Vegetable Pie <i>(Su)</i>	Macaroni Cheese <i>(G, D)</i>	Jacket Potato with Cheese
Accompaniment	Mashed Potatoes <i>(Su)</i>	Herby Couscous <i>(G)</i>	Broccoli and Rosemary	Dressed Spinach and Tomato Salad	Potato wedges <i>(Su)</i>
Vegetable additions	Peas	Dressed Baby Spinach Salad	Carrots and Roasted Parsnips		Peas Chef's Baked Beans
Additions	Onion Gravy	Carrot Sticks Cucumber Slices	Vegetable Gravy	Cucumber Slices Grated Carrot	Mixed Salad
Bread	Wholemeal Bread <i>(G)</i>		Tiger Bread <i>(G)</i>	Garlic Bread <i>(G)</i>	Smoked Paprika Bread <i>(G)</i>
Dessert	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.