



Holy Ghost Primary School – School Lunch Menu 2020

<b>Week 1</b> w/c 09/11, 30/11	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Main 1</b>	Celeriac Topped Shepherdess Pie with Gravy	Beef Bolognese with Spaghetti	BBQ Chicken with Savoury Rice	Paprika Lamb Puff Pie with New Potatoes and Gravy	MSC Bubble Fish Nuggets and Chips
<b>Main 2</b>	Tomato and Basil Pasta Bake	Vegetable Keema with Steamed Rice	Rainbow Vegetable Stir Fry with Noodles	Mac and Cheese	Veggie Burger and chips
<b>Vegetable 1</b>	Sweetcorn	Medley of vegetables	Sliced Carrots	Broccoli	Baked beans
<b>Vegetable 2</b>	Green beans	Salad Bar	Cauliflower	Sweetcorn	Garden Peas
<b>Dessert</b>	Flapjack	Toffee Apple Crumble and Custard	Chocolate and Sweet Potato Brownie	Strawberry Jelly with Peaches	Fresh Fruit Platter



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Week 2 w/c 19/10, 16/11, 7/12	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main 1</b>	Falafel Wrap with Golden Rice	Arabiatta Chicken Meatballs with Penne Pasta	Roast Beef with Thyme Gravy and Roast Potatoes	Spice and Lime Chicken with Steamed Rice	MSC Battered Cod with Tomato Sauce and Baked Wedges
<b>Main 2</b>	Ratatouille Pasta Bake	Quorn Paella	Jacket Potato with Beans	Vegetable Bolognese with Penne	Veggie Sausages with Gravy and Baked Wedges
<b>Vegetable 1</b>	Garden Peas	Sweetcorn with Peppers	Spring Greens	Vegetable Medley	Baked Courgettes
<b>Vegetable 2</b>	Sliced Carrots	Cauliflower	Carrots and Peas	Salad Bar	Baked Beans
<b>Dessert</b>	Toffee Frozen Yoghurt with Fairtrade Banana	Carrot Cake	Orange Jelly with Mandarins	Cocoanut and Jam Slice with Custard	Cheese and Biscuits



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<b>Week 3</b> w/c 2/11, 23/11, 14/12	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Main 1</b>	Piri Piri Chicken with Golden Rice	Beef Lasagne with Garlic Slice	Roast Chicken, Stuffing, Gravy and Roast Potatoes	Beef Goulash and New Potatoes	Salmon Fish Fingers with chips
<b>Main 2</b>	Veggie Bean Burrito with Rice	Jacket Potato with Beans and Cheese	Chick Pea Noodle Stir Fry	Quorn Korma with Rice	Cheese and Tomato Pizza with Chips
<b>Vegetable 1</b>	Broccoli	Green Beans	Medley of vegetables	Cauliflower	Garden Peas
<b>Vegetable 2</b>	Sweetcorn	Sliced Carrots	Salad bar	Green Beans	Baked Beans
<b>Dessert</b>	Oat and Sultana Cookie with Yoghurt	Cherry and Apple Crumble with Custard	Chocolate and Banana Cake	Lemon Drizzle Sponge	Fruit Salad



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