

St. James (Gorton) Primary Menu - Week 1

Food Station	Meat Free Monday	Traditional Tuesday	World Food Wednesday	Thursday Favourites	Fish Friday
Meal Choice 1: Select one each day (Halal & Vegetarian equivalent available where required)	Vegetarian Bolognese	Baked Sausages & Onion Gravy	Tandoori Chicken	Homemade Lamb Curry	Lemon & Herb Hoki
Meal Choice 2: Select one each day	Cheese Whirl with Homemade Tomato Sauce	Captain's Pie	Chickpea & Potato Curry	Shepherdess Pie	Pasta with Tomato & Mascarpone Sauce
Meal Choice 3: Select one each day	Jacket Potato with a Choice of Filling	Pasta with Tomato & Herb Sauce	Mediterranean Shells	Pasta with Bolognese Sauce	Jacket Potato with a Choice of Filling
Accompaniments: Select accompaniment appropriate to main meal choices	Chipped Potatoes or Wholemeal Spaghetti	Creamed Potatoes or Sliced Baguette	Sunshine Vegetable Rice	Sliced Malted Bloomer Or Naan Bread	Roast Potatoes
	Mixed Vegetables	Cabbage & Carrots	Sweetcorn Salsa	Beetroot & Carrots	Broccoli
Second Course: Fruit & Yoghurt available daily	Freshly prepared salad available daily with all meal choices				
	Peach Melba	Fruity Flapjack	St Clements Cupcake	Fruit Salad with Mango Frozen Yoghurt	Apple & Cinnamon Swirl
Daily Items:	Salad bar featuring seasonal salads, fruits, & bread selection Milk and water available daily				

St. James (Gorton) Primary Menu - Week 2

Food Station	Meat Free Monday	Traditional Tuesday	World Food Wednesday	Thursday Favourites	Fish Friday
Meal Choice 1: Select one each day (Halal & Vegetarian equivalent available where required)	Vegetable Quiche	Roast Dinner & Gravy	Chinese Five Spice Chicken	Lamb Bolognaise	Fish Goujons
Meal Choice 2: Select one each day	Pasta with Neapolitan Sauce	Tomato, Pepper & Mozzarella Sausages	Caribbean Quorn	Cheese & Potato Pie	Vegetable Curry
Meal Choice 3: Select one each day	Jacket Potato with a Choice of Vegetarian Fillings	Pasta with Tomato & Herb Sauce	Jacket Potato with a Choice of Fillings	Jacket Potato with a Choice of Fillings	Jacket Potato with a Choice of Fillings
Accompaniments: Select accompaniment appropriate to main meal choices	Creamed Potatoes	Roast & Creamed Potatoes	Sunshine Rice	Wholemeal Spaghetti or Tomato Flavoured Bread	Chipped Potatoes
	Garden Peas & Sweetcorn	Cauliflower & Carrots	Broccoli	Mixed Vegetables	Garden or Mushy Peas
Second Course: Fruit & Yoghurt available daily	Freshly prepared salad available daily with all meal choices				
	Fruit Salad with Strawberry Yoghurt	Chocolate & Mandarin Cake Bar	Cheese & Crackers with Apple & Cucumber Sticks	Fruit Jelly & Peaches	Strawberry Shortcake
Daily Items:	Salad bar featuring seasonal salads, fruits, & bread selection Milk and water available daily				

St. James (Gorton) Primary Menu - Week 3

Food Station	Meat Free Monday	Traditional Tuesday	World Food Wednesday	Thursday Favourites	Fish Friday
Meal Choice 1: Select one each day (Halal & Vegetarian equivalent available where required)	Homemade Margherita Pizza	Minced Beef Hotpot	Moroccan Lamb	Homemade Chicken Curry	Cod & Salmon Grill & Lemon Mayo Dip
Meal Choice 2: Select one each day	Veggie Chilli Con Carne	Pasta with Bolognaise Sauce	Hoki Fillet in Homemade Sauce	Vegetarian Sausage Roll & Homemade Tomato Sauce	Cheese Omelette
Meal Choice 3: Select one each day	Pasta with Tomato & Herb Sauce	Jacket Potato with a Choice of Fillings	Jacket Potato with a Choice of Fillings	Pasta with Tomato & Mascarpone Sauce	Pasta with Neapolitan Sauce
Accompaniments: Select accompaniment appropriate to main meal choices	Baked Jacket Wedges	Sliced Baguette	Vegetable Brown Rice or Garlic Flavoured Bread	Chipped Potatoes Or Brown Rice	Creamed Potatoes
	Mini Corn on the Cob	Beetroot & Carrots	Peas & Sweetcorn	Mixed Vegetables	Carrots & Green Beans
Second Course: Fruit & Yoghurt available daily	Freshly prepared salad available daily with all meal choices				
	Chocolate Arctic Roll & Fruit Cocktail	Lemon Iced Finger	Fruity Cookie with Orange Wedges	Strawberry & Kiwi Mousse	Cheese & Crackers with Apple & Cucumber Sticks
Daily Items:	Salad bar featuring seasonal salads, fruits, & bread selection Milk and water available daily				