

St Hildas RC School
3-week Menu Cycle
Week 1

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Homemade Soup of the Day	Homemade Soup of the Day	Homemade Soup of the Day	Homemade Soup of the Day	Homemade Soup of the Day
Main meal	Chicken Korma	Steak Pie	Lasagne	Roast Chicken & Stuffing	Battered Cod or BBQ Chicken Bun
Vegetarian	Cheese and Red Onion Flan	Veggie Curry	Quorn Lasagne	Quorn & Leek Pie	Spinach & Felaphel Burger
Starchy food	Boiled Baby Potatoes	Mashed Potato	Herb Dice	Roast Potatoes	Chips
	Steamed Rice	Boiled Rice		Steamed Rice	
Vegetable/salad	Seasonal Vegetables Salad Selection	Peas Sweet corn Salad Selection	Seasonal Vegetables Salad Selection	Seasonal Vegetables Salad Selection	Mushy Peas Mixed Veg Salad Selection
Extra bread	Fresh bread available daily with main meals				
Hot 'Lite bites'	Cheese and Tomato Pizza With Mushrooms Penne Pasta Choice of Sauces Jacket Potato with Choice of Fillings	Cheese and Tomato Pizza With Mixed Peppers Penne Pasta Choice of Sauces Jacket Potato with Choice of Fillings	Cheese and Tomato Pizza With Sweetcorn Penne Pasta Choice of Sauces Jacket Potato with Choice of Fillings	Cheese and Tomato Pizza With Mushrooms Penne Pasta Choice of Sauces Jacket Potato with Choice of Fillings	Cheese and Tomato Pizza With Mixed Peppers Penne Pasta Choice of Sauces Jacket Potato with Choice of Fillings
Cold 'Lite bites' & salads	Assorted Sandwiches, Panini and Wraps available every day				
Dessert	Chocolate Sponge With Chocolate Sauce	Apple Crumble & Custard	Fruit Cheesecake	Raspberry & Coconut Shortbread	Donuts
Additional desserts/drinks	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad
	Fruit yoghurt Assorted Milkshakes	Fruit yoghurt Assorted Milkshakes	Fruit yoghurt Assorted Milkshakes	Fruit yoghurt Assorted Milkshakes	Fruit yoghurt Assorted Milkshakes
	Asst Flavoured Waters	Asst Flavoured Waters	Asst Flavoured Waters	Asst Flavoured Waters	Asst Flavoured Waters
	Asst Fruit Juices	Asst Fruit Juices	Asst Fruit Juices	Asst Fruit Juices	Asst Fruit Juices
	Selection Of Fresh Fruit	Selection Of Fresh Fruit	Selection Of Fresh Fruit	Selection Of Fresh Fruit	Selection Of Fresh Fruit

St Hildas RC School
3-week Menu Cycle
Week 2

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Homemade Soup of the Day	Homemade Soup of the Day	Homemade Soup of the Day	Homemade Soup of the Day	Homemade Soup of the Day
Main meal	Sweet & Sour Chicken	Asst Quiche	Chicken Kebabs	Roast Lamb	Battered Cod or Chicken Bun
Vegetarian	Cheese & Tomato Omelettes	Soya Balti	Quorn Cottage Pie	Quorn Bolognaise	Mushroom Risotto
Starchy food	Baby Potatoes	Wedges	Herb Dice	Roast Potatoes	Chips
	Steamed Rice	Steamed Rice	Vegetable Rice		
Vegetable/salad	Seasonal Vegetables Salad Selection	Peas Sweetcorn Salad Selection	Seasonal Vegetables Salad Selection	Seasonal Vegetables Salad Selection	Mushy Peas Seasonal Vegetables Salad Selection
Extra bread	Fresh bread available daily with main meals				
Hot 'Lite bites'	Cheese and Tomato Pizza With Mushrooms Penne Pasta Choice of Sauces Jacket Potato with Choice of Fillings	Cheese and Tomato Pizza With Mixed Peppers Penne Pasta Choice of Sauces Jacket Potato with Choice of Fillings	Cheese and Tomato Pizza With Sweetcorn Penne Pasta Choice of Sauces Jacket Potato with Choice of Fillings	Cheese and Tomato Pizza With Mushrooms Penne Pasta Choice of Sauces Jacket Potato with Choice of Fillings	Cheese and Tomato Pizza With Mixed Peppers Penne Pasta Choice of Sauces Jacket Potato with Choice of Fillings
Cold 'Lite bites' & salads	Assorted Sandwiches, Panini and Wraps available every day				
Dessert	Vanilla Cheesecake	Flapjack	Scones	Fruit Jelly	Yum Yums
Additional desserts/drinks	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad
	Fruit yoghurt Assorted Milkshakes	Fruit yoghurt Assorted Milkshakes	Fruit yoghurt Assorted Milkshakes	Fruit yoghurt Assorted Milkshakes	Fruit yoghurt Assorted Milkshakes
	Asst Flavoured Waters	Asst Flavoured Waters	Asst Flavoured Waters	Asst Flavoured Waters	Asst Flavoured Waters
	Asst Fruit Juices	Asst Fruit Juices	Asst Fruit Juices	Asst Fruit Juices	Asst Fruit Juices
	Selection Of Fresh Fruit	Selection Of Fresh Fruit	Selection Of Fresh Fruit	Selection Of Fresh Fruit	Selection Of Fresh Fruit

St Hildas RC School
3-week Menu Cycle
Week 3

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Homemade Soup of the Day	Homemade Soup of the Day	Homemade Soup of the Day	Homemade Soup of the Day	Homemade Soup of the Day
Main meal	Chicken Tikka Masala	Quiche Lorraine	Chicken & Vegetable Tortilla	Roast Beef & Yorkshire Pudding	Battered Cod or BBQ Chicken Bun
Vegetarian	Cheese and Tomato Omelette	Veggie Chow Mein	Cheddar, Cauliflower & Leek Gratin	Cheese Pie	Mushroom Risotto
Starchy food	Boiled Baby Potatoes Steamed Rice	Herby Diced Potatoes	Vegetable Rice Potato Wedges	Roast Potatoes	Chips
Vegetable/salad	Seasonal Vegetables Salad Selection	Peas Sweetcorn Salad Selection	Seasonal Vegetables Salad Selection	Seasonal Vegetables Salad Selection	Mushy Peas Garden Peas Salad Selection
Extra bread	Fresh bread available daily with main meals				
Hot 'Lite bites'	Cheese and Tomato Pizza With Mushrooms Penne Pasta Choice of Sauces Jacket Potato with Choice of Fillings	Cheese and Tomato Pizza With Mixed Peppers Penne Pasta Choice of Sauces Jacket Potato with Choice of Fillings	Cheese and Tomato Pizza With Sweetcorn Penne Pasta Choice of Sauces Jacket Potato with Choice of Fillings	Cheese and Tomato Pizza With Mushrooms Penne Pasta Choice of Sauces Jacket Potato with Choice of Fillings	Cheese and Tomato Pizza With Mixed Peppers Penne Pasta Choice of Sauces Jacket Potato with Choice of Fillings
Cold 'Lite bites' & salads	Assorted Sandwiches, Panini and Wraps available every day				
Dessert	Chocolate & Orange Sponge	Apple & Cinnamon Pie	Jam and Coconut Slice	Lemon Sponge	Mandarin Cheesecake
Additional desserts/drinks	Fresh Fruit Salad Fruit yoghurt Assorted Milkshakes Asst Flavoured Waters Asst Fruit Juices Selection Of Fresh Fruit	Fresh Fruit Salad Fruit yoghurt Assorted Milkshakes Asst Flavoured Waters Asst Fruit Juices Selection Of Fresh Fruit	Fresh Fruit Salad Fruit yoghurt Assorted Milkshakes Asst Flavoured Waters Asst Fruit Juices Selection Of Fresh Fruit	Fresh Fruit Salad Fruit yoghurt Assorted Milkshakes Asst Flavoured Waters Asst Fruit Juices Selection Of Fresh Fruit	Fresh Fruit Salad Fruit yoghurt Assorted Milkshakes Asst Flavoured Waters Asst Fruit Juices Selection Of Fresh Fruit