



# The Food Heaven



## Winter Menu

St Mary's Catholic Primary School, Bodmin

October 2019—March 2020

All meals are nutritiously balanced to support healthy eating and are freshly cooked on site.

	Monday	Tuesday	Wednesday	Thursday	Friday
1	<b>Week 1 - 28th Oct, 18th Nov, 9th Dec, 13th Jan, 3rd Feb, 2nd Mar, 23 Mar</b>				
The Main Event with	BBQ Turkey & Rice	Sausage & Gravy	Roast Chicken	Pasta Bolognese	Fish Fillet
	Mac & Cheese (V)	Quorn Sausage (V)	Shepherdess Pie (V)	Vegetable Chilli & Rice (V)	Cheese, Potato & Pea Frittata (V)
	Jacket Potato - Tuna	Jacket Potato - Beans	Jacket Potato - Cheese	Jacket Potato—Chicken Mayo	Jacket Potato—Cheese
	Sweetcorn & Green Beans	Creamed Potato, Carrots & Cauliflower	Roast Potatoes, Swede & Broccoli	Carrots & Peas	Fries, Baked Beans, Mixed Vegetables
Dessert	Shortbread	Sticky Toffee Pudding & Custard	Lemon Drizzle Cake	Chocolate Wholemeal Slice	Carrot Cake

2	<b>Week 2 - 4th Nov, 25th Nov, 16th Dec, 20th Jan, 10th Feb, 9th Mar</b>				
The Main Event with	All Day Breakfast	Cottage Pie	Roast Beef	Chicken Curry	Fish Fingers
	Vegetarian All Day Breakfast, (V)	Vegetable & Pineapple Curry & Rice (V)	Quorn Roast (V)	Vegetable Pasta Bake (V)	Broccoli & Cheese Quiche (V)
	Jacket Potato— Cheese & Beans	Jacket Potato— Tuna	Jacket Potato—Cheese	Jacket Potato—Tuna & Sweetcorn	Jacket Potato—Cheese
	Tomatoes & Baked Beans	Swede & Peas	Roast Potatoes, Carrots & Cauliflower	Rice, Sweetcorn, & Broccoli	Fries, Baked Beans & Peas
Dessert	Crispy Shortbread	Flapjack Cookie	Fruit Crumble & Custard	Custard Cookie	Fruity Muffin

3	<b>Week 3 - 11th Nov, 2nd Dec, 6th Jan, 27th Jan, 24th Feb, 16th Mar</b>				
The Main Event with	Meatballs & Pasta	Chicken & Vegetable Pie	Roast Gammon	Sausage Casserole	Salmon Fish Fingers
	Quorn Risotto (V)	Cheese Whirls (V)	Cauliflower Cheese (V)	Broccoli & Cheese Bake (V)	Cheese & Tomato Pizza (V)
	Jacket Potato—Cheese	Jacket Potato—Tuna	Jacket Potato—Chicken Mayo	Jacket Potato—Tuna	Jacket Potato—Cheese & Beans
	Carrots & Peas	Creamed Potato, Sweetcorn & Green Beans	Roast Potatoes, Swede & Broccoli	Creamed Potatoes, Cabbage & Swede	Fries, Baked Beans, Mixed Vegetables
Dessert	Fruity Flapjack & Custard	Chocolate Crispy	Jam Sponge & Custard	Homemade Cookie	Banoffee Cake

Served Daily

(V) indicates Vegetarian Option

Salad Bar

Home-made Bread

Milk

Fruit

Yoghurt

