



ST WILFRID'S PRIMARY



WEEK ONE		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Turkey Meatballs with Crushed Potatoes and Tomato sauce	Lasagne with Garlic Dough Balls	Roast Pork with Roast Potatoes, Stuffing and Gravy	Chicken Curry with Brown Rice and Garlic Naan Bread	Fish with Chips	
Vegetarian Main Course	Macaroni Cheese	Vegetable Sausages with Gravy & Mash	Roast Quorn with Roast Potatoes, Stuffing and Gravy	Vegetable Tortilla Lasagne with Garlic Doughballs	Vegetable Spring Roll with a Curry Sauce or Chips	
Jacket Potato & Filling	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	
Sandwich on a Plate	Cheese	Cheese	Cheese	Cheese	Cheese	
Vegetables	Tuna	Ham	Hot Roast Baguette	Ham	Tuna	
Dessert	Garden Peas & Broccoli	Fresh Carrots & Sweetcorn	Sliced Green Beans & Savoy Cabbage	Roasted Peppers, Sweetcorn & Cauliflower	Garden Peas & Baked Beans	
	Banana & Chocolate Muffin	Cherry Flapjack	Fruit Jelly & Ice Cream	Pear and Cinnamon Cake with Custard	Chocolate Brownie	

WEEK TWO		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Salmon and Tuna Pasta Bake and Garlic Bread	Meat and Potato Pie	Roast Chicken with Roast Potatoes, Yorkshire Pudding and Gravy	Shepherd's Pie with Gravy	Fish Fingers with Chips	
Vegetarian Main Course	Margarita Pizza Slice	Roasted Winter Vegetable Casserole Topped with Cheesy Crotons	Roast Quorn served with Roast Potatoes, Yorkshire Pudding & Gravy	Vegetable Curry with Coriander Rice	Bean Burrito with Chips and Tomato Sauce	
Jacket Potato & Filling	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	
Sandwich on a Plate	Cheese	Cheese	Cheese	Cheese	Cheese	
Vegetables	Tuna	Ham	Hot Roast Baguette	Ham	Fish Finger Wrap	
Dessert	Garden Peas & Baked Beans	Sweetcorn & Broccoli	Sliced Green Beans & Fresh Carrots	Braised Red Cabbage & Sweetcorn	Garden Peas & Baked Beans	
	Apple Crumble with Custard	Fruity Flapjack	Fruit Jelly with Ice Cream	Banana Gingerbread Pudding with Custard	Blueberry Cake	

WEEK THREE		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Sausages & Mash with Gravy	Beef Bolognese with Penne Pasta	Roast Chicken with Roast Potatoes, Stuffing and Gravy	Chicken with Rice and Tomato Sauce	Fish Fingers with Chips	
Vegetarian Main Course	Bubble and Squeak	Mexican Bean Stew with a Tomato Sauce and Flatbread	Roast Quorn with Roast Potatoes, Stuffing and Gravy	Chickpea and Aubergine Curry with Brown Rice	Vegetarian Brunch: Vegetarian Sausage, Baked Beans, Mushroom & Hash Browns	
Jacket Potato & Filling	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	Jacket Potato with Cheddar Cheese, Baked Beans or Tuna Mayonnaise	
Sandwich on a Plate	Cheese	Cheese	Cheese	Cheese	Cheese	
Vegetables	Tuna	Ham	Hot Roast Baguette	Ham	Tuna	
Dessert	Peas & Broccoli	Sliced Beans & Sweetcorn	Carrots & Savoy Cabbage	Roasted Mediterranean Vegetables & Broccoli	Garden Peas & Baked Beans	
	Eyes Pudding & Custard	Flapjack	Fruit Jelly & Ice Cream	Banana Traybake	Chocolate Crunch Slices	

Colours in the left column represent the band colour your child should choose for the meal that day

WEEKS COMMENCING:
19/11/18 : 10/12/18 : 31/12/18 : 21/1/19
11/2/19 : 4/3/19 : 25/3/19

WEEKS COMMENCING:
12/11/18 : 3/12/18 : 24/12/18 : 14/1/19
4/2/19 : 25/2/19 : 18/3/19 : 8/4/19

WEEKS COMMENCING:
5/11/18 : 26/11/18 : 17/12/18 : 7/1/19
28/1/19 : 18/2/19 : 11/3/19 : 1/4/19

Yoghurt and fruit will also be available each day as an alternative to dessert. A selection of breads, salads and fresh drinking water will be available daily.