

# Lunch Menu Autumn Winter 2020/21

## Week One

W/C: 12/10, 26/10, 9/11, 23/11, 7/12

### Meat Free Monday

V Green Pesto Pasta  
Garlic Bread & Carrots  
Vg Fresh Water Melon

### Tuesday

\* Pork Sausage  
Vg Vegetable Sausage  
V Soft flour Bun, Tomato Ketchup & Peas  
Vg Strawberry Jelly  
V Fresh Fruit / Yoghurt

### Roast Dinner Wednesday

(GF) Roast Chicken Fillet  
Vg Roasted Vegetable Nuggets  
Vg (GF) Roast Potatoes, Mixed Vegetable  
Fresh Fruit Selection / Yoghurt

### Thursday

Italian Beef Meatballs in Tomato sauce  
Vg (GF) Rice  
V Baked Potato with Cheese and Beans  
V Cheese & Biscuits  
Fresh fruit / Fruit Yoghurt

### Fish Friday

\* Breaded White fish  
Vg Vegetable Samosa  
Vg (GF) Oven Chips & Peas  
V Vanilla Choc Chip Muffin  
Fresh fruit / Fruit Yoghurt

Vg Vegan, V Vegetarian, (GF) Gluten free  
\* Gluten Free Available

## Week Two

W/C: 19/10, 2/11, 16/11, 30/11, 14/12,

### Meat Free Monday

V Cheese & Tomato Pizza  
Sweetcorn  
Vg Mango & Pineapple

### Tuesday

\* Beef Burger or Vegetable Burger  
Soft Flour Bun, Ketchup & Sweetcorn  
V Mini Ring Doughnuts  
Fresh fruit / Fruit Yoghurt

### Roast Dinner Wednesday

(GF) Roast Chicken Fillet  
Vg Roasted Vegetable Nuggets  
Vg (GF) Roast Potatoes, Mixed Vegetables  
Fresh Fruit Selection / Yoghurt

### Thursday

Chicken & Vegetable Korma  
Vg Vegetable Korma  
Rice & Chapatti  
V Oreo Cookie Bar  
Fresh fruit / Fruit Yoghurt

### Fish Friday

\* Breaded Fish Cake  
Vg Breaded Vegetable Cake  
Vg (GF) Oven Chips & Baked Beans  
V Double Chocolate Muffin  
Fresh Fruit / Fruit Yoghurt

As with all food retailers our suppliers take every care to remove bones from relative products. Fish and meat products may contain bones due to the way the products are manufactured.

## What a Year!

### Product Availability

This year we have experienced some of the greatest challenges that our industry has seen. Some manufacturers have re-purposed their production lines to produce foods that have been in greater demand, like beans & soups. Some wholesalers have reduced stock lines that have a shorter shelf life, like yoghurts & fresh produce to ensure they are not left with products past their use-by date. This has had an impact on all school meal business and has affected our daily ordering leading to adjustments to menus.

We pride ourselves here at St. Joseph's to be able to react quickly to changes that are out of our control, ensuring the impact on our menu is as minimal as possible.

### Sustainably Sourced

Our fish is all sustainably sourced. The Chicken we use is welfare assured and only comes from farms in East Anglia.

### FOOD MILES & SUPPLIERS

Our Greengrocer is less than a mile from our kitchen. Our Butcher is based in the Thames Valley. Our beef is sourced from farms in the South of England and our pork comes from the Windsor estate.

### BRONZE AWARD WINNERS!

We are proud to be working with the Soil Association and their Food For Life Campaign.

This ensures all children are fed a freshly cooked seasonal and sustainable meal on a daily basis.

