

# St Pauls Cray – Winter 2021 Menu

## Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b>	<b>Burrito (V)</b> A soft wrap filled with lightly spiced veggies and rice	<b>Allegra's Chicken Filo Pie with Mashed Potato</b> Light filo pastry, hearty chicken centre.	<b>Roast Chicken with Roast Potatoes and Gravy</b> Succulent roast chicken with fluffy roasties and tasty gravy	<b>Beef Bolognese **</b> A classic Italian beef Bolognese in a yummy tomato sauce	<b>Golden Fish Fingers and Chips</b> Crispy Fish Fingers and scrummy chips
<b>Alternative Dish</b>	<b>Macaroni Cheese (V)</b> Cheesy Macaroni Pasta	<b>Allegra's BBQ Beans (V)</b> Served with cornbread	<b>Sweet Potato and Chickpea Roast with Roast Potatoes and Gravy (V)</b> A chunky sweet potato and chickpea roast	<b>Butternut Squash and Tomato Bake (V)</b> Our favourite veggie pasta bake with wholemeal pasta	<b>Quorn Dippers and Chips (V)</b> Crispy Quorn nuggets with their fav sauce - ketchup
<b>Jacket</b>	<b>Jacket Potato With A Choice Of Fillings</b>	<b>Jacket Potato With A Choice Of Fillings</b>	<b>Jacket Potato With A Choice Of Fillings</b>	<b>Jacket Potato With A Choice Of Fillings</b>	<b>Jacket Potato With A Choice Of Fillings</b>
<b>Salad</b>	<b>A Selection of Fresh Salads</b> Including Lettuce, Cucumber, Tomato, Grated Carrot				
<b>Vegetables</b>	<b>Green Beans Sweetcorn</b>	<b>Peas Broccoli</b>	<b>Carrots Cabbage</b>	<b>Broccoli Sweetcorn</b>	<b>Baked Beans Peas</b>
<b>Desserts</b>	<b>Raspberry Ripple Ice Cream</b>	<b>Secret Brownie</b>	<b>Shortbread Biscuit with Fruit Slice*</b>	<b>Berry &amp; Peach Oatie Crumble* with Custard</b>	<b>Lemon Slice</b>

Cool Water or Fresh Milk, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily

\*Fruit Based \*\*Wholegrain \*\*\*Oily Fish (V) Vegetarian

**Week Commencing**

30<sup>th</sup> Aug

20<sup>th</sup> Sept

11<sup>th</sup> Oct

8<sup>th</sup> Nov

29<sup>th</sup> Nov

3<sup>rd</sup> Jan

24<sup>th</sup> Jan

21<sup>st</sup> Feb

14<sup>th</sup> Mar





# St Pauls Cray – Winter 2021 Menu

## Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	<b>Cheese and Tomato Pizza **</b> <i>With Dough Balls (V)</i>	<b>Allegra's Chicken Katsu</b>  Serve with Wholemeal Rice	<b>Roast Turkey with Roast Potatoes and Gravy</b>  Succulent roast turkey with fluffy roasties and tasty gravy	<b>Cottage Pie**</b>  A classic cottage pie with veg and gravy	<b>Golden Fish Fingers and Chips</b>  Crispy Fish Fingers and scrummy chips
Alternative Dish	<b>Veggie Bolognese (V)</b>  Penne pasta in a yummy tomato and Quorn Sauce	<b>Allegra's Oodles of Noodles (V)</b>  Veggie Noodles	<b>Creamy Vegetable Pie (V) with Roast Potatoes and Gravy</b>  Creamy Vegetable pie With a cheesy shortcrust topper	<b>Mild Chickpea and Potato Curry (V)</b>  Served with Wholemeal Rice	<b>Tomato Veggie Burger with Chips (V)</b>  A delicious homemade veggie burger
Jacket	<b>Jacket Potato With A Choice Of Fillings</b>	<b>Jacket Potato With A Choice Of Fillings</b>	<b>Jacket Potato With A Choice Of Fillings</b>	<b>Jacket Potato With A Choice Of Fillings</b>	<b>Jacket Potato With A Choice Of Fillings</b>
Salad	<b>A Selection of Fresh Salads</b> Including Lettuce, Cucumber, Tomato, Grated Carrot				
Vegetables	<b>Carrot/Cucumber Sticks</b> <b>Sweetcorn</b>	<b>Broccoli Peas</b>	<b>Cabbage Carrots</b>	<b>Sweetcorn Green Beans</b>	<b>Peas</b> <b>Baked Beans</b>
Desserts	<b>Flapjack</b> <i>With Fruit Slices*</i>	<b>Peach Shortbread Pudding with Custard</b>	<b>Chocolate Crunchie Cake</b>	<b>Fruity Chocolate Brownie</b>	<b>Vanilla Ice Cream</b>

Cool Water or Fresh Milk, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily

\*Fruit Based \*\*Wholegrain \*\*\*Oily Fish (V) Vegetarian

**Week Commencing**

**6th Sept**

**27th Sept**

**18th Oct**

**15th Nov**

**6th Dec**

**10th Jan**

**31st Jan**

**28th Feb**

**21st Mar**





# St Pauls Cray – Winter 2021 Menu

## Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hot Main Dish</b>	<b>Macaroni Cheese (V)</b> Cheesy Macaroni Pasta	<b>Allegra's Garlicky Chicken and Spanish Spuds</b> Garlic seasoned chicken served with potatoes	<b>Roast Gammon with Roast Potatoes and Gravy</b> Succulent roast gammon with fluffy roasties and tasty gravy	<b>Beef Burrito</b> A soft wrap filled with fresh beef and rice	<b>Southern Fried Chicken Tasters and Chips</b> Lightly seasoned crispy chicken strips and scrummy chips
<b>Alternative Dish</b>	<b>Veggie Sausage and Mash with Gravy (V)</b> Fluffy mash with veggie sausages with rich gravy	<b>Allegra's Cheesy Peasy Risotto Bake (V)</b> A delicious cheesy risotto	<b>Butternut Squash and Potato Pastry Slice with Roast Potatoes and Gravy (V)</b> A chunky butternut squash and potato slice	<b>Veggie Lasagne (V) served with a bread wedge</b> Delicious sheets of pasta layered with veggies and tomato sauce	<b>Soft Taco with Chips (V)</b> A soft taco shell filled with a yummy veggie tomato chilli
<b>Jacket</b>	<b>Jacket Potato With A Choice Of Fillings</b>	<b>Jacket Potato With A Choice Of Fillings</b>	<b>Jacket Potato With A Choice Of Fillings</b>	<b>Jacket Potato With A Choice Of Fillings</b>	<b>Jacket Potato With A Choice Of Fillings</b>
<b>Salad</b>	<b>A Selection of Fresh Salads</b> Including Lettuce, Cucumber, Tomato, Grated Carrot				
<b>Vegetables</b>	<b>Peas Carrots</b>	<b>Sweetcorn Broccoli</b>	<b>Carrots Cabbage</b>	<b>Green Beans Sweetcorn</b>	<b>Baked Beans Peas</b>
<b>Desserts</b>	<b>Oatie Biscuit with Fruit Slices*</b>	<b>Apple &amp; Carrot Yoghurt Muffin</b>	<b>Strawberry Ice Cream</b>	<b>Chocolate Sponge Cake</b>	<b>Creamy Peach Rice Pudding</b>

**Week Commencing**

13<sup>th</sup> Sept

4<sup>th</sup> Oct

1<sup>st</sup> Nov

22<sup>nd</sup> Nov

13<sup>th</sup> Dec

17<sup>th</sup> Jan

7<sup>th</sup> Feb

7<sup>th</sup> Mar

28<sup>th</sup> Mar

Cool Water or Fresh Milk, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily

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