

Lunch Menu Autumn 2023

Week One

W/C 4/9, 9/10, 13/11, 18/12

Meat Free Monday

- V Cheese & Tomato Pizza & Baked Beans
- V Baked Potato with Grated Cheese & Baked Beans
- Cheese, Ham, Egg or Tuna Mayo Roll
- All accompanied by a fresh, seasonal salad
- Mixed Fresh Melon

Tuesday

- Homemade Beef Pasta Bolognaise & Sliced Carrots
- Vg Lentil & Vegetable Pasta Bolognaise & Sliced Carrots
- V Baked Potato with Grated Cheese & Salad
- Cheese, Ham, Egg Mayo or Tuna Mayo Roll
- Vg Fruit Jelly or V Yoghurt

Wednesday

- GF Honey & Garlic Chicken Fillet, V Mash Potato, Seasonal Vegetables & V GF Gravy
- V Mac 'n' Cheese with Seasonal Vegetables
- V Baked Potato with Grated Cheese or Baked Beans & Salad
- Cheese, Ham, Egg or Tuna Mayo Roll
- Vg Fresh Fruit Selection or V Yoghurt

Thursday

- V Pesto Pasta with Baby Carrots
- V Vegetarian Sausage Roll with Baby Carrots
- V Baked Potato with Grated Cheese or Tuna Mayo
- Cheese, Ham, Egg or Tuna Mayo Roll
- All accompanied by a tomato salad
- Vg Fresh Fruit Selection or V Hot Apple Crumble & Custard

Friday

- * Cod Fish Fingers, Vg GF Oven Chips & Peas
- Vg Vegetable Samosa, Vg GF Oven Chips & Peas
- V Baked Potato with Grated Cheese or Tuna Mayo
- Cheese, Ham, Egg or Tuna Mayo Roll
- All the above accompanied with sliced cucumber salad
- Vg Fresh Fruit Selection
- or
- V Mini Ring Sugared Doughnuts

Week Two

W/C 11/09, 16/10, 20/11

Meat Free Monday

- V Macaroni Cheese with Mixed Vegetables
- V Baked Potato with Grated Cheese & Baked Beans
- Cheese, Ham, Egg or Tuna Mayo Roll
- All accompanied by a fresh, seasonal salad
- Fresh Chopped Pineapple

Tuesday

- GF Chicken Tikka Masala, Vg GF Rice & Broccoli
- Vg Spinach, Potato & Chickpea Curry GF Rice & Broccoli
- V Baked Potato with Grated Cheese and Salad
- Cheese, Ham, Egg or Tuna Mayo Roll
- Vg Fresh Fruit Selection or V Vanilla Sponge & Custard

Wednesday

- GF Roast Chicken Vg GF Roast Potatoes, Seasonal Vegetables & V GF Gravy
- V Vegetarian Sausage Roll, Vg GF Roast Potatoes, Seasonal Vegetables & V GF Gravy
- V Baked Potato with Grated Cheese or Baked Beans & Salad
- Cheese, Ham, Egg or Tuna Mayo Roll
- Vg Fresh Fruit Selection or V Yoghurt

Thursday

- * Beef Burger, Ketchup, Wedges & Baked Beans
- V Vegetable Burger, Ketchup, Wedges & Baked Beans
- V Baked Potato with Grated Cheese or Baked Beans
- Cheese, Ham, Egg or Tuna Mayo Roll
- All accompanied by a tomato salad
- Vg Fresh Fruit Selection or V Vanilla Ice Cream

Friday

- * Breaded White Fish Cake with Vg GF Oven Chips, & Sweetcorn
- Vg Vegetable Samosa with Vg GF Oven Chips & Sweetcorn
- V Baked Potato with Grated Cheese or Tuna Mayo
- Cheese, Ham, Egg or Tuna Mayo Roll
- All accompanied with sliced cucumber salad
- Vg Fresh Fruit Selection
- or
- V Oreo Cookie Bar

Week Three

W/C 18/09, 23/10, 27/11

Meat Free Monday

- V Cheese & Tomato Pasta Bake with Peas
- V Baked Potato with Grated Cheese & Baked Beans
- Cheese, Ham, Egg or Tuna Mayo Roll
- All accompanied by a fresh, seasonal salad
- Vg Fresh Fruit Selection or V Yoghurt

Tuesday

- * Pork Sausage, V Mash Potato & Mixed Vegetables
- Vg Vegetable Sausage, V Mash Potato & Mixed Vegetables
- V Baked Potato with Grated Cheese and Salad
- Cheese, Ham, Egg or Tuna Mayo Roll
- V Treacle Sponge & Custard or V Yoghurt

Wednesday

- GF Roast Chicken, Vg GF Roast Potatoes, Seasonal Vegetables & V GF Gravy
- V Macaroni Cheese, Vg Seasonal Vegetables & Gravy
- V Baked Potato with Grated Cheese or Baked Beans & Salad
- Cheese, Ham, Egg or Tuna Mayo Roll
- Vg Fresh Fruit Selection or V Yoghurt

Thursday

- V Pesto Pasta with Baby Carrots
- V Vegetarian Sausage Roll, New potatoes, & Baby Carrots
- V Baked Potato with Grated Cheese or Tuna Mayo
- Cheese, Ham, Egg or Tuna Mayo Roll
- All accompanied by a fresh, seasonal salad
- Vg Fresh Fruit or V Strawberry Mousse

Friday

- * Breaded White Fish Fillet, Vg GF Oven Chips & Baked Beans
- V Cheese & Onion Pasty, Vg GF Oven Chips & Baked Beans
- V Baked Potato with Grated Cheese or Baked Beans
- Cheese, Ham, Egg or Tuna Mayo Roll
- All accompanied with sliced cucumber salad
- V Caramel Wafer Biscuit
- or
- V Yoghurt

Lunch Menu Autumn 2023

Week Four

W/C 25/09, 30/10, 04/12

Meat Free Monday

- Vg Fusilli Pasta in Tomato Sauce with Peas
- V Cheese Omelette with Peas
- V Baked Potato with Grated Cheese & Baked Beans
- Cheese, Ham, Egg or Tuna Mayo Roll
- All accompanied by a carrot and cucumber salad
- Fresh, Chopped Watermelon

Tuesday

- *Pork Sausage, V GF Hash Brown, & Baked Beans
- Vg Vegetarian Sausage, V GF Hash Brown, & Baked Beans
- V Baked Potato with Grated Cheese, Baked Beans & Salad
- Cheese, Ham, Egg or Tuna Mayo Roll
- Vg Fresh Fruit Selection, or V Autumn Berry Sponge & Cream

Wednesday

- GF Roast Chicken, Vg GF Mash Potato, Mixed Vegetables & V GF Gravy
- V Vegetarian Sausage Roll, Vg GF Mash Potato, Mixed Vegetables & V GF Gravy
- V Baked Potato with Grated Cheese & Salad
- Cheese, Ham, Egg or Tuna Mayo Roll
- V Fresh Fruit Selection or V Yoghurt

Thursday

- Chicken Samosa & Sweetcorn
- Vg Tomato & Basil Pasta & Sweetcorn
- V Baked Potato with Grated Cheese, Baked Beans or Tuna Mayo
- Cheese, Ham, Egg or Tuna Mayo Roll
- All accompanied with a fresh side salad
- Vg Fresh Fruit Selection or V American Pancakes with Chocolate Syrup

Friday

- * Breaded White Fish Fillet Vg GF Oven Chips & Peas
- V Cheese Omelette, Vg GF Oven Chips & Peas
- V Baked Potato with Grated Cheese or Baked Beans
- Cheese, Ham, Egg or Tuna Mayo Roll
- All accompanied with cucumber slices
- V Oreo Snack Bar or V Yoghurt



Week Five

W/C 02/10, 6/11, 11/12

Meat Free Monday

- V Baked Potato with Grated Cheese & Baked Beans or Tuna Mayo
- Vg Vegetable Paella
- Cheese, Ham, Egg or Tuna Mayo Roll
- All accompanied with a carrot and cucumber salad
- Trio of Exotic Fresh Fruits (Melon, Pineapple, Mango)

Tuesday

- Italian Style Beef Meatball Pasta in Tomato Sauce with Sliced Carrots
- Vg Vegetarian Meatball Pasta in Tomato Sauce with Sliced Carrots
- V Baked Potato with Grated Cheese or Baked Beans & Salad
- Cheese, Ham, Egg or Tuna Mayo Roll
- Vg Fresh Fruit Selection or V Chocolate Sponge with Chocolate Custard

Wednesday

- GF Roast Chicken, Vg GF Roast Potatoes, Mixed Vegetables & V GF Gravy
- V Cauliflower Cheese, Vg GF Roast Potatoes, Mixed Vegetables & V GF Gravy
- V Baked Potato with Grated Cheese & Salad
- Cheese, Ham, Egg or Tuna Mayo Roll
- Vg Fresh Fruit Selection or V Yoghurt

Thursday

- GF Chicken Korma, Rice, Peas & Chapatti
- Vg Chickpea & Potato Korma, Rice, Peas & Chapatti
- V Baked Potato with Grated Cheese or Tuna Mayo
- Cheese, Ham, Egg or Tuna Mayo Roll
- All accompanied with a fresh side salad
- Vg Fresh Fruit or Vg GF Orange & Mango Smoothie

Friday

- * Breaded Fishcake, Vg GF Oven Chips & Sweetcorn
- Vg Vegetable Samosa, Vg GF Oven Chips & Sweetcorn
- V Baked Potato with Grated Cheese
- Cheese, Ham, Egg or Tuna Mayo Roll
- All accompanied with cucumber slices
- V Caramel Wafer Biscuit or V 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.

Support & Serve

Fresh & Local

We are all so fortunate to live in a country with four distinct seasons and the variety of fruits and vegetables this provides. It makes for a delicious, varied, healthy diet.

All meals we provide are made fresh here at St Joseph's kitchen daily. We support local businesses where possible ensuring that we can always offer a wide range of fresh, varied, local produce.

We are extremely proud of the 5* food hygiene rating we have been issued by Buckinghamshire Council.

Our Greengrocer is based here, in our village of Chalfont St Peter, and our Butcher is in the Thames Valley.

We cater for 14 schools each day, including the children here at St Joseph's Primary. We are very fortunate to have a hardworking, loyal catering team that have a true passion to ensure that all children are offered a healthy, well balanced, enjoyable meal. The commitment from the whole team here has been proven over the past few years where there have been many unforeseen circumstances: the team adapts to change quickly and effectively to deliver the best possible lunch service, day in, day out. We provide fresh, hot soup to a homeless charity based in Slough every Monday night, 52 weeks of the year.

Our strong working relationships with all suppliers and delivery companies has proven so important to us. We work closely together to plan deliveries of produce, ensuring our own stock shelves are full even when the local supermarket shelves look bare.

Along with a varied hot meal, children have the option of a freshly baked potato or a healthy roll or sandwich with a choice of tasty fillings that is accompanied by a salad of the day and a dessert.

Our menu reflects the importance of offering a varied & healthy "home cooked" meal for all pupils every day with the chance to introduce new flavours in to their diet.

Please note that if there is an availability issue, the changes we need to make will be communicated to all schools as soon as possible.



V Vegetarian Vg Vegan
GF Gluten Free *Gluten Free Available