

# Lunch Menu Summer 2023

## Week One

W/C 17/04/23, 22/05/23, 26/06/23

### Meat Free Monday

V Cheese & Tomato Pizza with Beans  
Vg GF Vegetable Risotto  
V Baked Potato with Grated Cheese or Beans  
Cheese, Ham or Tuna Mayo Soft White Roll  
All accompanied by a fresh, seasonal salad  
Mixed Fresh Melon

### Tuesday

Beef Pasta Bolognaise with Carrots  
Vg Lentil & Vegetable Pasta Bolognaise with Carrots  
V Baked Potato with Grated Cheese  
Cheese, Ham or Tuna Mayo Bagel  
All accompanied with a leafy green cucumber salad  
Vg Fruit Jelly or V Yoghurt

### Wednesday

GF Honey & Garlic Chicken Fillet with V Mash Potato, Summer Vegetables & V GF Gravy  
V Mac 'n' Cheese with Summer Vegetables  
V Baked Potato with Grated Cheese or Beans  
Ham, Cheese or Tuna Mayo Wholemeal Sub  
All accompanied with a leafy green cucumber salad  
V Fresh Fruit Selection or Yoghurt

### Meat Free Thursday

V Pesto Pasta with Baby Carrots  
Vg Vegan Flaky Pastry Roll  
V Baked Potato with Grated Cheese or Tuna Mayo  
Cheese, Ham or Tuna Mayo Soft White Roll  
All accompanied by a fresh, seasonal salad  
V Lemon Drizzle Cake or Fresh Fruit

### 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 or Tuna Mayo Bagel  
All the above accompanied with sliced cucumber salad  
V Mini Ring Sugared Doughnuts or Fresh Fruit

## Week Two

W/C 24/04/23, 29/05/23, 03/07/23

### Meat Free Monday

V Macaroni Cheese with Mixed Vegetables  
Vg Baked Potato with Beans  
Cheese, Ham or Tuna Mayo Soft White Roll  
All accompanied by a fresh, seasonal salad  
Fresh Chopped Pineapple

### Tuesday

GF BBQ Chicken Fillet Vg GF Rice & Carrots  
Vg Spinach, Potato & Chickpea Curry GF Rice & Carrots  
V Baked Potato with Grated Cheese  
Cheese, Ham or Tuna Mayo Bagel  
All accompanied with a leafy green cucumber salad  
V Eton Mess (Meringue, Strawberries & Cream) or Fresh Fruit

### Wednesday

GF Roast Chicken with Vg GF Roast Potatoes, Summer Vegetables & V GF Gravy  
Vg Vegan Flaky Pastry Roll with Vg GF Roast Potatoes, Summer Vegetables & V GF Gravy  
V Baked Potato with Grated Cheese or Beans  
Ham, Cheese or Tuna Mayo Wholemeal Sub  
V Fresh Fruit Selection or Yoghurt

### Thursday

Beef Burger, Ketchup, Wedges & Beans  
V Vegetable Burger, Ketchup, Wedges & Beans  
V Baked Potato with Grated Cheese or Beans  
Cheese, Ham or Tuna Mayo Soft White Roll  
All accompanied by a fresh, seasonal salad  
V Vanilla Ice Cream or Fresh Fruit

### Friday

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

## Week Three

W/C 01/05/23, 05/06/23, 10/07/23

### Meat Free Monday

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

### Tuesday

\* Sausage & V Mash with Mixed Vegetables  
Vg Vegetable Sausage & V Mash with Mixed Vegetables  
V Baked Potato with Grated Cheese  
Cheese, Ham or Tuna Mayo Bagel  
All accompanied with a leafy green cucumber salad  
V Cinnamon & Raisin Cake or Fruit Yoghurt

### Wednesday

GF Roast Chicken Fillet, Vg GF Roast Potatoes, Summer Vegetables & V GF Gravy  
V Broccoli & Cauliflower Cheese, Vg GF Roast Potatoes, Summer Vegetables & Gravy  
V Baked Potato with Grated Cheese or Beans  
Ham, Cheese or Tuna Mayo Wholemeal Sub  
V Fresh Fruit Selection or Fruit Yoghurt

### Thursday

Mild Beef Chilli Con Carne with Rice, Carrot & Peas  
Vg Lentil & Vegetable Chilli with Rice, Carrots & Peas  
V Baked Potato with Grated Cheese or Tuna Mayo  
Cheese, Ham or Tuna Mayo Soft White Roll  
All accompanied by a fresh, seasonal salad  
V Strawberry Mousse or Fresh Fruit

### Friday

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

# Lunch Menu Summer 2023

## Week Four

W/C 08/05/23, 12/06/23, 17/07/23

### Meat Free Monday

- Vg Fusilli Pasta with Tomato Sauce & Peas
- V Spanish Tortilla with Peas
- V Baked Potato with Grated Cheese or Beans
- Cheese, Ham or Tuna Mayo Soft White Roll
- All accompanied by a fresh, seasonal salad
- Fresh, Chopped Watermelon

### Tuesday

- \*Pork Sausage, V GF Hash Brown, & Beans
- Vg Vegetarian Sausage, V GF Hash Brown, & Beans
- Vg Baked Potato with Beans
- Cheese, Ham or Tuna Mayo Bagel
- V Carrot Cake or Fresh Fruit

### Wednesday

- GF Roast Chicken, Vg GF Mash Potatoes, Mixed Vegetables & V GF Gravy
- Vg Warm Vegan Flaky Pastry Roll, Vg GF Mash Potatoes, Mixed Vegetables & V GF Gravy
- V Baked Potato with Grated Cheese
- Ham, Cheese or Tuna Mayo Wholemeal Sub
- V Fresh Fruit Selection or Fruit Yoghurt

### Thursday

- Chicken Burger in a Bun with Sweetcorn
- Vg Tomato & Basil Pasta with Sweetcorn
- V Baked Potato with Grated Cheese, Beans or Tuna Mayo
- Cheese, Ham or Tuna Mayo Soft White Roll
- V American Fluffy Pancakes with Chocolate Syrup or Fresh Fruit

### 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 Beans
- Cheese, Ham or Tuna Mayo Bagel
- All accompanied with Cucumber Slices
- V Oreo Snack Bar or Yoghurt



## Week Five

W/C 15/05/23, 19/06/23

### Meat Free Monday

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

### Tuesday

- Italian Beef Meatballs in Tomato Sauce, Vg GF Rice & Carrots
- Vg Vegetarian Meatballs in Tomato Sauce, Vg GF Rice & Carrots
- V Baked Potato with Grated Cheese or Beans
- Cheese, Ham or Tuna Mayo Bagel
- V Chocolate Mousse or Fresh Fruit

### Wednesday

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

### Thursday

- Pasta Carbonara with Peas & Green Beans
- V Spinach Carbonara with Peas & Green Beans
- V Baked Potato with Grated Cheese or Tuna Mayo
- Cheese, Ham or Tuna Mayo Soft White Roll
- All accompanied with a fresh side salad
- Vg GF Orange & Mango Smoothie or Fresh Fruit

### Friday

- \* Breaded Fishcake, Vg GF Oven Chips & Beans
- Vg Vegetable Samosa, Vg GF Oven Chips & Beans
- V Baked Potato with Grated Cheese or Beans
- Cheese, Ham or Tuna Mayo Bagel
- All accompanied with a cucumber and tomato salad
- V Caramel Wafer Biscuit or 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 Chiltern District Council

Our Greengrocer is based in our village of Chalfont St Peter, our Butcher is in the Thames Valley and our Pork comes from The Windsor Estate.

We cater for 14 schools each day, including the children here at St Josephs 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 during the past few years where there have seen many unforeseen circumstances: the team adapts to change quickly and effectively to deliver the best possible lunch service, day in, day out.

Our strong working relationships with all suppliers and delivery companies has proven so important to us. We have worked closely together to forward 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 wholemeal sandwich with a choice of tasty fillings that is accompanied by the 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