



The Food Heaven



St Mary's Catholic Primary School, Bodmin

Autumn Menu

All meals are nutritiously balanced to support healthy eating and are freshly cooked on site.

7 September 2020-1 April 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
1	Week 1 - 7 Sept, 28 Sept, 19 Oct, 16 Nov, 7 Dec, 11 Jan, 1 Feb, 1 Mar, 22 Mar				
The Main Event with	Sausage Roll	Pasta Bolognese	Roast Chicken	Sticky Turkey & Rice	Fish Fingers
	Cheese Whirls (V)	Vegetable Chilli & Rice (V)	Cauliflower Cheese (V)	Sticky Quorn & Rice (V)	Leek & Potato Pie (V)
	Jacket Potato - Various Fillings	Jacket Potato - Various Fillings	Jacket Potato - Various Fillings	Jacket Potato - Various Fillings	Jacket Potato - Various Fillings
	Potato Wedges, Baked Beans & Sweetcorn	Seasonal Vegetables	Roast Potatoes, Broccoli & Swede	Seasonal Vegetables	Chipped Potato, Bakes Beans & Peas
	Dessert: Homemade Cookie	Marble Sponge & Custard	Iced Buns	Crispy Shortbread & Custard	Chocolate Brownie
2	Week 2 - 14 Sept, 5 Oct, 2 Nov, 23 Nov, 14 Dec, 18 Jan, 8 Feb, 8 Mar, 29 Mar				
The Main Event with	All Day Breakfast	Chicken Pasta Bake	Roast Beef	Chicken & Vegetable Pie	Fish Fillet
	All Day Breakfast (V)	Quorn Risotto(V)	Shepherdess Pie (V)	Vegetable Pasta Bake (V)	Cheese & Broccoli Quiche (V)
	Jacket Potato - Various Fillings	Jacket Potato - Various Fillings	Jacket Potato - Various Fillings	Jacket Potato - Various Fillings	Jacket Potato - Various Fillings
	Baked Beans & Tomato	Broccoli & Sweetcorn	Roast Potatoes, Carrots & Cauliflower	Creamed Potato & Seasonal Vegetables	Chipped Potatoes, Baked Beans & Mixed Veg.
	Dessert: Fruity Flapjack	Homemade Cookie	Fruit Crumble & Custard	Chocolate Crispy	Carrot Cake
3	Week 3 - 21 Sept, 12 Oct, 9 Nov, 30 Nov, 4 Jan, 25 Jan, 22 Feb, 15 Mar				
The Main Event with	Sausages with Gravy	Meatballs & Pasta	Roast Gammon	Chicken Curry	Salmon Fish Fingers
	Quorn Sausages (V)	Macaroni Cheese (V)	Quorn Roast (V)	Sweet & Sour Vegetables (V)	Cheese & Tomato Pizza (V)
	Jacket Potato - Various Fillings	Jacket Potato - Various Fillings	Jacket Potato - Various Fillings	Jacket Potato - Various Fillings	Jacket Potato - Various Fillings
	Creamed Potatoes, Peas & Sweetcorn	Seasonal Vegetables	Roast Potatoes, Cabbage & Carrots	Rice & Seasonal Vegetables	Chipped Potatoes, Baked Beans & Peas
	Dessert: Lemon Drizzle	Chocolate Slice	Custard Biscuits	Jam Sponge & Custard	Fruity Muffin

Served Daily

(V) indicates Vegetarian Option

Salad Bar

Home-made Bread

Milk

Fruit

Yoghurt

