



The Food Heaven



Winter Menu

St Mary's Catholic Primary School, Bodmin

November 2022—31 March 2023

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

	Monday	Tuesday	Wednesday	Thursday	Friday
1	Week 1 - 31 Oct, 21 Nov, 12 Dec, 16 Jan, 6 Feb, 6 Mar, 27 Mar				
The Main Event with	Chicken in a Wrap	Meatballs & Pasta	Roast Chicken	Sausage & Gravy	Fish Fingers
	BBQ Quorn in a Wrap (V)	Mac & Cheese (V)	Vegetable Sausage (V)	Tomato & Pasta Bake (V)	Cheese & Tomato Quiche (V)
	Jacket Potato-Variou Fillings	Jacket Potato-Variou Fillings	Jacket Potato-Variou Fillings	Jacket Potato-Variou Fillings	Jacket Potato-Variou Fillings
	Potato Wedges, Baked Beans & Peas	Seasonal Vegetables	Roast Potatoes, Carrots & Cabbage	Creamed Potato & Seasonal Vegetables	Fries, Baked Beans & Mixed Vegetables
Dessert	Crispy Shortbread	Homemade Cookie	Apple & Pear Crumble with Custard	Wholemeal Chocolate Slice	Carrot Cake

2	Week 2 - 7 Nov, 28 Nov, 2 Jan, 23 Jan, 20 Feb, 13 Mar				
The Main Event with	Sausage Rolls	Pasta Bolognese	Roast Gammon	Chicken Pie	Fish Fillet
	Cauliflower & Broccoli Bake (V)	Vegetable Lasagne (V)	Quorn Roast (V)	Cheese Whirls (V)	Vegetable Nuggets (V)
	Jacket Potato-Variou Fillings	Jacket Potato-Variou Fillings	Jacket Potato-Variou Fillings	Jacket Potato-Variou Fillings	Jacket Potato-Variou Fillings
	Creamed Potato, Baked Beans & Sweetcorn	Seasonal Vegetables	Roast Potatoes, Broccoli & Swede	New Potatoes & Seasonal Vegetables	Fries, Baked Beans & Peas
Dessert	Oaty Biscuits	Jam Sponge & Custard	Shortbread	Chocolate Crispy	Fruity Muffins

3	Week 3 - 14 Nov, 5 Dec, 9 Jan, 30 Jan, 27 Feb, 20 Mar				
The Main Event with	Burger in a Bun	Cottage Pie	Roast Pork & Apple Sauce	Chicken Curry & Rice	Salmon Fish Fingers
	Quorn Burger in a Bun (V)	Shepherdess Pie (V)	Quorn Roast (V)	Vegetable Chilli & Rice (V)	Cheese & Tomato Pizza (V)
	Jacket Potato-Variou Fillings	Jacket Potato-Variou Fillings	Jacket Potato-Variou Fillings	Jacket Potato-Variou Fillings	Jacket Potato-Variou Fillings
	Potato Wedges, Baked Beans & Peas	Seasonal Vegetables	Roast Potatoes, Broccoli & Carrots	Seasonal Vegetables	Fries, Baked Beans & Mixed Vegetables
Dessert	Homemade Cookie	Lemon Drizzle Cake	Jam & Cream Sponge	Fruity Flapjack & Custard	Chocolate Fudge Cake

Served Daily

(V) indicates Vegetarian Option

Salad Bar

Home-made Bread

Milk

Fruit

Yoghurt

