



# The Food Heaven



St Mary's Catholic Primary School, Bodmin

## Summer Menu

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

## April—October 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
1	<b>Week 1 - 25 April, 16 May, 13 June, 4 July, 5 Sept, 26 Sept, 17 Oct, 5 Sept, 26 Sept, 17 Oct</b>				
The Main Event with	Sausage Roll	Pasty Pie	Roast Chicken	Lasagne	Fish Fingers
	Vegetable Roll (V)	Cheese Whirls (V)	Quorn Roast (V)	Vegetable Curry & Rice (V)	Creamy Pasta Bake (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 & Peas	Seasonal Vegetables	Roast Potatoes, Carrots & Cauliflower	Peas & Coleslaw	Fries, Baked Beans & Mixed Veg
Dessert	Fruit & Ice Cream	Homemade Cookie	Shortbread	Pear & Chocolate Cake with Custard	Banoffee Cake

2	<b>Week 2 - 2 May, 23 May, 20 June, 11 July, 12 Sept, 3 Oct, 12 Sept, 3 Oct</b>				
The Main Event with	Sausage & Gravy	Chicken Pasta Bake	Roast Gammon	Beef Meatballs & Pasta	Salmon Fish Fingers
	Quorn Sausage & Gravy (V)	Cauliflower Cheese (V)	Shepherdess Pie (V)	Mac & Cheese (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, Season Vegetables	Seasonal Vegetables	Roast Potatoes, Swede & Broccoli	Seasonal Vegetables	Fries, Baked Beans & Peas
Dessert	Fruity Flapjack & Custard	Orange Drizzle Cake	Wholemeal Chocolate Slice	Homemade Cookie	Fruit Cheesecake

3	<b>Week 3 - 9 May, 6 June, 27 June, 18 July, 19, Sept, 10 Oct, 19 Sept, 10 Oct</b>				
The Main Event with	Burger in a Bun	Sticky Chicken & Rice	Roast Turkey	Chicken Pie	Fish Goujons
	Quorn Burger in a Bun (V)	Vegetable Chilli & Rice (V)	Lentil Roast (V)	Broccoli & Leek Pie (V)	Cheese & Tomato Quiche (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	Creamed Potatoes, Cabbage & Carrots	Fries, Baked Beans & Peas
Dessert	Homemade Cookie	Marble Sponge & Custard	Cocotana Shortbread	Chocolate Crispy	Apple & Strawberry Cake

**Served Daily** (V) indicates Vegetarian Option **Salad Bar** **Home-made Bread** **Milk** **Fruit** **Yoghurt**

