



Our Lady of the Visitation Catholic Primary School

WEEK 1 MENU

Weeks commencing:
13th April 4th May
15th June 6th July
7th September 28th September
19th October



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Smoky BBQ Protein Bites with Herb Couscous BBQ sauce coated veggie protein pieces served with herb couscous. 	Scrumptious Mac & Cheese topped with Mediterranean Veggies served with Tomato Focaccia Bread 	Bouncy Bean Enchillada with Golden Roasted Potatoes & Gravy Pepper and mixed bean enchillada with roasted potatoes and gravy. 	Homemade Margherita Pizza with Cajun Potato Wedges 	Golden Nuggets with Chips & Ketchup Quorn dippers served with chips & tomato ketchup.
Green Earth Curry with White Rice Low-carbon veggie curry with rice. 	Chicken Tikka Masala with Fluffy Rice 	Roast Chicken with Golden Roasted Potatoes & Gravy	Homemade Meat Feast Pizza with Cajun Potato Wedges	Salmon or White Fish Fingers with Chips & Ketchup
Sweetcorn & Roasted Courgette 	Peas & Red Cabbage Slaw 	Carrots & Herby Green Beans 	Mexican Sweetcorn & Broccoli 	Peas & Baked Beans
Strawberry Frozen Yoghurt	Orange Drizzle Cake	Orange Jelly & Mandarins 	Chocolate Shortbread 	Apple Crumble & Custard

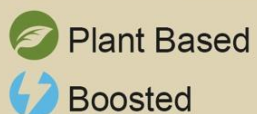


PLANT-BASED JACKET POTATO OR PASTA POTS AVAILABLE DAILY
Unless specified, all our desserts are vegetarian.



Low carbon meals have at least 38% lower carbon emissions than the average meal. Learn more about this calculation at www.eatcoolfood.org

Menu Key:



Feeding Hungry Minds



Our Lady of the Visitation Catholic Primary School

WEEK 2 MENU

Weeks commencing:

20th April

1st June

13th July

5th October

11th May

22nd June

14th September



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Tarka Dhal with Fluffy White Rice</p> <p>Traditional Indian lentil dish served with coriander rice.</p> <p> </p>	<p>Tomato & Basil Pasta Bake</p> <p> </p>	<p>Cheese & Tomato Puff with Mash & Gravy</p> <p></p>	<p>Tangy Chilli Fajita with Fluffy Rice</p> <p>Low-carbon veggie chilli fajita served with rice.</p> <p> </p>	<p>Plant-Power Curry with Pitta Bread</p> <p>Cauliflower, chickpea and potato curry served with pitta bread.</p> <p> </p>
<p>Chow Mein with Egg Noodles</p> <p>Chinese veggie stir fry with egg noodles.</p> <p> </p>	<p>Beef Penne Bolognese with Garlic & Oregano Focaccia</p> <p> </p>	<p>Pork Sausage with Mash & Gravy</p>	<p>Chicken Fajita with Mexican Rice</p> <p></p>	<p>Fish Fingers with Chips & Ketchup</p>
<p>Broccoli & Coleslaw</p> <p></p>	<p>Sweetcorn & Red Cabbage Slaw</p> <p></p>	<p>Carrots & Peas</p> <p></p>	<p>Mediterranean Veggies & Green Beans</p> <p></p>	<p>Peas & Baked Beans</p> <p></p>
<p>Ice Cream with Peach & Forest Fruit Melba Sauce</p> <p></p>	<p>Strawberry Jelly</p> <p></p>	<p>Lemon Shortbread</p> <p></p>	<p>Vanilla & Peach Sponge</p> <p></p>	<p>Chocolate, Orange & Carrot Brownie</p>



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Menu Key:

Plant Based
 Boosted

Vegetarian
 Low Carbon

At least 1 of your 5 a day



Feeding Hungry Minds

Our Lady of the
Visitation
Catholic
Primary School

WEEK 3 MENU

Weeks commencing:

27th April

8th June

31st August






















12th October

18th May

29th June

21st September



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Quornish Pasty with Fresh Salad</p> <p> </p>	<p>Stir Fry & Egg Noodles Stir fried veggies with egg noodles.</p> <p>  </p>	<p>Flaky Garden Plait with Golden Roasted Potatoes Butternut and vegetable puff pastry plait served with roasted potatoes.</p> <p> </p>	<p>Homemade Margherita Pizza with Paprika Potato Wedges</p> <p></p>	<p>Golden Nuggets with Chips & Ketchup Quorn dippers served with chips & tomato ketchup.</p> <p></p>
<p>Pasta Power Bake Cheese and tomato penne pasta bake.</p> <p> </p>	<p>Singapore Chicken Noodles</p> <p></p>	<p>Roast Chicken with Golden Roasted Potatoes & Gravy</p>	<p>Homemade BBQ Chicken Pizza with Paprika Potato Wedges</p>	<p>Fish Fingers with Chips & Ketchup</p>
<p>Mediterranean Veggies & Green Beans</p> <p></p>	<p>Sweetcorn & Broccoli</p> <p></p>	<p>Carrots & Cauliflower</p> <p></p>	<p>Sweetcorn & Coleslaw</p> <p></p>	<p>Peas & Baked Beans</p> <p></p>
<p>Fruit Ice Lolly</p> <p></p>	<p>Pear & Chocolate Sponge</p> <p></p>	<p>Strawberry Jelly</p> <p></p>	<p>Fresh Fruit Salad and Yoghurt</p> <p></p>	<p>Cinnamon Biscuit</p>

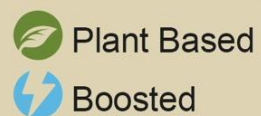


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