



WEEK 1 MENU

OUR LADY OF THE VISITATION
CATHOLIC PRIMARY SCHOOL

Weeks Commencing: 2nd November 26 23rd November 26 14th December 26
4th January 27 25th January 27 8th March 27

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chef's Special Pasta Bolognese   	Fragrant Veggie Curry with Rice  	Shepherdess Pie & Gravy  	Margherita Pizza with Mixed Salad 	Quorn Dippers with Chips & Ketchup 
Cheese, Tomato & Basil Pasta Bake  	Chicken Tikka Masala Curry with Rice 	Cheesy Cottage Pie & Gravy	Piri Piri Chicken Pizza with Mixed Salad	Salmon or White Fish Fingers with Chips & Ketchup
Jacket Potato with Cheese, Beans or Coleslaw	Jacket Potato with Cheese, Beans, Tuna Mayo or Coleslaw	Jacket Potato with Cheese, Beans, Tuna Mayo or Coleslaw	Jacket Potato with Cheese, Beans, Tuna Mayo or Coleslaw	Jacket Potato with Cheese, Beans, Tuna Mayo or Coleslaw
Sweetcorn & Green Beans 	Peas & Cauliflower 	Carrots & Broccoli 	Sweetcorn & Mixed Salad 	Peas & Baked Beans 
Winter's Apple & Cinnamon Sponge  	Orange Drizzle Cake 	Frozen Mango Yoghurt 	Strawberry Jelly & Peaches  	Chocolate Brownie 



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:



Plant Based



Vegetarian



Low Carbon



At least 1 of your 5 a day



WEEK 2 MENU

OUR LADY OF THE VISITATION
CATHOLIC PRIMARY SCHOOL

Weeks Commencing: 9th November 26
1st February 27

30th November 26
22nd February 27

11th January 27
15th March 27

MONDAY

Pesto Pasta
(Nut Free)
 

Colourful
Vegetable Noodles
 

Jacket Potato with Cheese,
Beans or Coleslaw

Sweetcorn & Broccoli


Vanilla & Peach
Sponge
 

TUESDAY

Creamy
Macaroni Cheese


Beef Spaghetti
Bolognese


Jacket Potato with Cheese,
Beans, Tuna Mayo or
Coleslaw

Carrots &
Green Beans


Fresh Fruit 
Organic Yoghurt 

WEDNESDAY

Veggie Wellington Pastry,
Potatoes & Carrots
  

Roast Chicken Thigh with
Yorkshire Pudding and Roast
Potatoes
& Gravy

Jacket Potato with Cheese,
Beans, Tuna Mayo or
Coleslaw

Peas & Cauliflower


Marble Cake


THURSDAY

Falafel Burger
& Potato Wedges


Pork Sausage Hot Dog
& Potato Wedges

Jacket Potato with Cheese,
Beans, Tuna Mayo or
Coleslaw

Sweetcorn & Roasted
Butternut Squash


Yoghurt Bar
with Toppings


FRIDAY

Roasted Veggie
& Bean Taco with Chips
 

Fish Fingers or Mini
Breaded Fish with
Chips & Ketchup

Jacket Potato with Cheese,
Beans, Tuna Mayo or
Coleslaw

Baked Beans
& Peas


Gingerbread
Cookie




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Menu
Key:

 Plant Based
 Boosted

 Vegetarian
 Low Carbon

 At least 1 of your 5 a day





WEEK 3 MENU

OUR LADY OF THE VISITATION
CATHOLIC PRIMARY SCHOOL

Weeks Commencing: 16th November 26
8th February 27

7th December 26
1st March 27

18th January 27
22nd March 27

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chinese Vegetable Rice   	Vegetable Chow Mein  	Tomato & Herb Puff Square with Roast Potatoes 	Sweetcorn Pizza with Garlic & Herb Wedges 	Cheese & Onion Quiche with Chips 
Cheese, Tomato & Basil Pasta Bake  	Homemade Beef Lasagne 	Chicken & Veggie Pie with Roast Potatoes & Gravy 	BBQ Chicken Pizza with Garlic & Herb Wedges	Fish Fingers with Chips & Ketchup
Jacket Potato with Cheese, Beans or Coleslaw	Jacket Potato with Cheese, Beans, Tuna Mayo or Coleslaw	Jacket Potato with Cheese, Beans, Tuna Mayo or Coleslaw	Jacket Potato with Cheese, Beans, Tuna Mayo or Coleslaw	Jacket Potato with Cheese, Beans, Tuna Mayo or Coleslaw
Sweetcorn & Green Beans 	Carrots & Broccoli 	Roasted Root Veggies & Vegetable Medley 	Green Beans & Carrots 	Peas & Baked Beans 
Lemon & Courgette Muffin 	Chocolate Biscuit Tray Bake 	Apple & Banana Cake  	Orange Jelly & Mandarins  	Frozen Strawberry Yoghurt 



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Menu Key:



Plant Based
Boosted



Vegetarian
Low Carbon



At least 1 of your 5 a day

