# Menu Autumn/Winter 2025

# Week One

# W/C: 1/9, 6/10, 10/11,15/12

### Meat Free Monday

V Margarita Pizza with Sweetcorn Vg, Vegan Sausage Roll with Beans GF, V Baked Potato with Grated Cheese & Beans All accompanied by carrot sticks and cucumber Mixed Fresh Melon Chunks

Tuesday GF, Minced Beef & Vegetable Cottage Pie Vg Vegetable & Lentil Cottage Pie Peas **GF**, V Baked Potato with cheese All accompanied by a fresh, seasonal salad Fresh Fruit Selection or V Yoghurt

# Wednesday

GF Gammon Steak with Pineapple & GF Gravy Vg Winter Vegetable Gratin V Mash Potato & Seasonal Vegetables GF, V Baked Potato with Grated Cheese All accompanied by a fresh, seasonal salad GF, Vg Fruit Jelly or Fresh Fruit

<u>Thursday</u> Vg Pesto Pasta & Sliced Carrots V Cheese Pastry Slice with Baked Beans GF, Vg Baked Potato with Baked Beans All accompanied by a tomato salad V Blackberry & Apple Crumble with Cream

Fresh Fruit

Friday \* Breaded Fishcake, Vg GF Oven Chips & Peas Vg Vegetable Samosa, Vg GF Oven Chips & Peas GF, V Baked Potato with Tuna Mayonnaise All accompanied with sliced cucumber salad V Chocolate Chip Muffin

Fresh Fruit



# Week Two

# W/C: 8/9, 13/10, 17/11,

Meat Free Monday Vg Roasted Tomato Pasta with Peas GF, V Baked Potato with Grated Cheese & Beans GF, Vg Butternut Risotto with Peas All accompanied by carrot sticks and cucumber Fresh Fruit Selection or V Yoghurt

# Tuesday

GF Mild Chicken Curry, Vg, GF Spinach, Potato & Chickpea Curry, **Rice & Carrots** GF, V Baked Potato with Grated Cheese All accompanied by a fresh, seasonal salad V Pancakes with Chocolate Sauce

# Fresh Fruit

# Wednesday

GF Roast Chicken, Vg GF Roast Potatoes, & Vg GF Gravy Vg Vegan Sausage Roll, Vg GF Roast Potatoes, Seasonal Vegetables GF, V Baked Potato with Grated Cheese All accompanied by a fresh, seasonal salad Fresh Fruit Selection or V Yoghurt

Thursday Vg Plant Based 'Cornish' Pasty with Beans V Pasta & Broccoli Cheese GF, V Baked Potato with Grated Cheese All accompanied by a lettuce & tomato salad V Strawberry Swirl Mousse or Fresh Fruit

\* Breaded White Fish Fillet Vg GF Oven Chips, & Peas Vg Vegetable Samosa Vg GF Oven Chips & Peas GF, V Baked Potato with Grated Cheese All accompanied with sliced cucumber salad V Oreo Cookie Bar or

Fresh Fruit



# Week Three

W/C: 15/9, 20/10, 24/11,

# Meat Free Monday

Va Basil Pesto Pasta with Peas GF. V Baked Potato with Grated Cheese & Beans All accompanied by carrot sticks and cucumber Fresh, Chopped Watermelon

# Tuesday

\* Pork Sausage, V Mash Potato & Mixed Vegetables Vg Vegan Sausage, V Mash Potato & Mixed Vegetables GF, V Baked Potato with Grated Cheese All accompanied by a fresh, seasonal salad V Chocolate, Chip Sponge & Chocolate Custard

# Fresh Fruit

# Wednesday

GF Roast Chicken , Vg GF Roast Potatoes, & Vg GF Gravy V Macaroni Cheese Seasonal Vegetables GF, V Baked Potato with Grated Cheese All accompanied by a fresh, seasonal salad Fresh Fruit Selection or V Yoghurt

Thursday Lamb & Vegetable Pasty with Green Vegetables Vg Vegetable & Bean Fajita with Wraps GF, V Baked Potato with Grated Cheese All accompanied by a fresh, seasonal salad V Vanilla Ice Cream or Fresh Fruit

 Friday
\* Breaded Fishcake, Vg GF Oven Chips & Baked Beans Vg Vegetable Samosa, Vg GF Oven Chips & Baked Beans GF, V Baked Potato with Grated Cheese & Baked Beans All accompanied with sliced cucumber salad V Mini Iced Chocolate Donuts

Fresh Fruit



# Menu Autumn/Winter-2025

# Week Four

W/C: 22/9, (27/10-Half-term) 1/12

### Meat Free Monday

V Baked Potato with Grated Cheese & Beans Vg Lentil & Vegetable Dhal with Rice All accompanied by carrot sticks and cucumber Fresh Fruit Selection

or V Yoghurt

### Tuesday

Bacon & Tomato Pasta Va Tomato & Basil Pasta Peas & Green Beans GF, Vg Baked Potato Baked Beans All accompanied by seasonal salad V Treacle Sponge with Cream

# Fresh Fruit

GF Roast Chicken , Vg GF Roast Potatoes, & Vg GF Gravy V Macaroni Cheese Mixed Vegetables GF, V Baked Potato with Grated Cheese All accompanied by seasonal salad Fresh Fruit Selection or

# V Yoghurt

# Thursday

\*Beef Meat Balls in Tomato Sauce GF, Vg Vegan Meatballs in Tomato Sauce Rice & Carrots GF, V Baked Potato with Grated Cheese V Chocolate Tce Cream

# Fresh Fruit

Friday \* Breaded White Fish Fillet, Vg GF Oven Chips & Peas Vg Breaded Vegetable Burger, Vg GF Oven Chips & Peas GF, V Baked Potato with Cheese All accompanied with cucumber slices V Gingerbread Men Fresh Fruit



# Week Five

W/C: 29/9, 3/11, 8/12

### Meat Free Monday

Vg Vegan Sausage Roll & Peas or Beans GF, V Baked Potato with Grated Cheese & Beans All accompanied by carrot sticks and cucumber Fresh Fruit Selection or V Yoghurt

<u>**Tuesday</u>** GF Mild Beef Chilli with Rice</u> GF, Vg Mild Vegetable & Lentil Chilli with Rice Baby Carrots GF, Vg Baked Potato & Vegetable Chilli All accompanied with a fresh side salad V Lemon Drizzle Cake

or

Fresh Fruit

### Wednesday

GF Roast Chicken, Vg GF Roast Potatoes, & Vg GF Gravy Mixed Vegetables Vg Tomato & Roasted Vegetable Pasta GF, V Baked Potato with Grated Cheese All accompanied with a fresh side salad Fresh Fruit Selection or V Yoghurt

# Thursday

GF Beef Burger with \*Bun & Baked Beans Vg Vegetable Burger with \*Bun & Baked Beans GF, V Baked Potato with Grated Cheese All accompanied with a fresh side salad V GF Strawberry Ice cream or

**Fresh Fruit** 

Friday \* Breaded Fishcake, Vg GF Oven Chips & Peas Vg Vegetable Samosa, Vg GF Oven Chips & Peas GF, V Baked Potato with Grated Cheese All accompanied with cucumber slices V Jammie Dodger Biscuit

or **Fresh Fruit** 

As with all food retailers, our suppliers take every care to remove bones from relative products.

Fish and meat products may contain bones due to the way the products are manufactured.

# Support & Serve

# Fresh & Local

We are all so fortunate to live in a country with four distinct seasons and the variety of fruits and vegetables this provides. It makes for a delicious, varied, healthy diet.

All meals we provide are made fresh at St Joseph's kitchen daily. We support local businesses where possible, ensuring that we can always offer a wide range of fresh, varied and local produce.

We are extremely proud of the 5\* food hygiene rating we have been issued by Buckinghamshire Council.

Our Greengrocer is based in our village of Chalfont St Peter, and our Butcher is in Marlow.

We cater for 15 schools each day, including the children at St Joseph's Catholic Primary. We are very fortunate to have a hardworking, loyal catering team that have a true passion to ensure that all children are offered a healthy, well balanced, enjoyable meal. The commitment from the whole team here has been proven over the past few years where there have been many unforeseen circumstances: the team adapts to change guickly and effectively to deliver the best possible lunch service, day in, day out.

We provide fresh, hot soup to a homeless charity in

Chalfont St Peter every Monday night, 52 weeks of the year! And have been doing this since the Covid lockdown in 2020

Our strong working relationships with all suppliers and delivery companies has proven so important to us. We work closely together to plan deliveries of produce, ensuring our own stock shelves are full even when the local supermarket shelves look bare. We offer 3 choices daily, including a freshly baked potato, should a child prefer something simple. We listen to parents views and balance these against children's requests and Government guidelines.

Our menu reflects the importance of offering a varied & healthy "home cooked" meal for all pupils every day with the chance to introduce new flavours in to their diet..

Please note that if there is an availability issue, the changes we need to make will be communicated to all schools as soon as possible .

V Vegetarian Vg Vegan

**GF** Gluten Free \*Gluten Free Available

### Vegan Cheese is available upon Request

