

# St Lukes Catholic Academy – Spring Menu 2022 – Week 1

**Option 1**

**Option 2**

**Dessert**

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Korma served with Wholemeal Rice & Broccoli	Homemade Beef Lasagne served with Homemade Garlic Bread & Mixed Salad	Roast Chicken with Sage & Onion Stuffing served with Roast Potatoes, Seasonal Vegetables & Gravy	Beef Burger in a Bun served with Pasta Salad & Sweetcorn	MSC Fish Fingers served with Oven Chips & Garden Peas
Chickpea & Vegetable Curry served with Wholemeal Rice & Broccoli	Macaroni Cheese served with Homemade Garlic Bread & Mixed Salad	Roast Quorn Fillet served with Roast Potatoes & Seasonal Vegetables	Meat Free Burger in a Bun served with Pasta Salad & Sweetcorn	Sweet Potato, Red Pepper & Lentil Risotto served with Garden Peas
Freshly Cut Fruit or Organic Fruit Yoghurt or Vanilla Shortbread	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt Or Iced Chocolate Sponge	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Ice Cream

Week commencing - 18th April, 9th May, 6th June, 27th June, 18th July, 19th September, 10th October

***All of our meat is Farm Assured and is locally sourced. Our fish is Marine Stewardship Council approved.***

Available Daily ...  
Jacket Potato with filling  
Wholemeal bread  
Choice of salads  
Water



This QR code can be read by any barcode scanner app on your smart phone to access the allergen and nutritional data.

**ASHLYNS**  
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# St Lukes Catholic Academy- Spring Menu 2022 - Week 2

## Option 1

Ashlyns Pork Sausage  
Hot Dog served with  
Chunky Potato Wedges &  
Mixed Salad

Beef Bolognaise served  
with Pasta Quills &  
Sweetcorn

Roast Loin of Pork served  
with New Potatoes,  
Seasonal vegetables &  
Gravy

BBQ Chicken Thighs  
Served with  
Wholemeal Rice & Broccoli

MSC Battered Cod  
served with Oven Chips &  
Peas

## Option 2

Quorn Sausage in a Roll  
served with chunky Potato  
Wedges & Mixed Salad

Vegetable & Red Lentil  
Bolognaise served with  
Pasta Quills & sweetcorn

Quorn Mince in a Yorkshire  
Pudding served with  
Seasonal Vegetables &  
Gravy

BBQ Boston Beans served  
with Wholemeal Rice &  
Broccoli

Caramelised Red Onion,  
Cheese & Cherry Tomato  
Tart served with Oven  
Chips & Peas

## Dessert

Freshly Cut Fruit  
or  
Organic Fruit Yoghurt  
or  
Reduced Sugar Chocolate  
Cookie

Freshly Cut Fruit  
or  
Organic Fruit Yoghurt

Freshly Cut Fruit  
or  
Organic Fruit Yoghurt  
or  
Iced Apple Sponge

Freshly Cut Fruit  
or  
Organic Fruit Yoghurt

Freshly Cut Fruit  
or  
Organic Fruit Yoghurt  
or  
Ice Cream

Week commencing - 25th April, 16th May, 13th June, 4th July, 5th September, 26th September, 17th October

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Available Daily ...  
Jacket Potato with filling  
Wholemeal bread  
Choice of salads  
Water



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# St Lukes Catholic Academy - Menu 2022 - Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Cheese & Tomato Pizza served with Pasta Salad & Coleslaw	Chicken & Cheese Quesadillas served with Wholemeal Rice and Mixed salad	Roast Gammon served with Roast Potatoes, Seasonal Vegetables & Gravy	Homemade Pork Sausage Roll served with Crushed New Potatoes & Baked Beans	MSC Fish Fingers served with Oven Chips and Garden Peas
Option 2	Salmon Fishcakes served with Pasta Salad & Coleslaw	Cheddar Cheese & Vegetable Stack Wrap served with Wholemeal Rice & Mixed Salad	Roasted Vegetable & Lentil Loaf served with Roast Potatoes, Seasonal Vegetables & Gravy	Homemade Quorn Sausage Roll served with Crushed New Potatoes & Baked Beans	Courgette & Cheese Fritatta served with Oven Chips & Garden Peas
Dessert	Freshly Cut Fruit or Organic Fruit Yoghurt or Reduced Sugar Chocolate Brownie	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Jelly	Freshly Cut Fruit or Organic Fruit Yoghurt	Freshly Cut Fruit or Organic Fruit Yoghurt or Ice Cream

Week commencing - 2nd May, 23rd May, 20th June, 11th July, 12th September, 3rd October,

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Available Daily ...  
Jacket Potato with filling  
Wholemeal bread  
Choice of salads  
Water



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