



St Paul's School

Lunch – Allergy Menu - Week 1



	Mains (V)	Mains	Vegetable	Sides	Salads	Dessert
MONDAY	Vegetable curry with steamed rice	Chicken Tikka with steamed rice	Steamed green beans	Steamed rice Bombay potato	Tomato Cucumber Lettuce Beetroot Sweetcorn	Baked Apples Fresh fruit
TUESDAY	Butternut & leek bake	Beef ragu	Broccoli Sweetcorn	Rosemary roasted potato Garlic bread (gluten free)	Tomato Cucumber Lettuce Beetroot Sweetcorn	Orange polenta cake Fresh fruit
WEDNESDAY	Butterbean cassalette	Baked chicken with mushrooms & salsa verdi	Steamed Peas Carrots	Mashed potatoes	Tomato Cucumber Lettuce Beetroot Sweetcorn	Caramelized bananas with dairy free ice-cream Fresh fruit
THURSDAY	Stuffed butternut squash & mushroom ragu --- Leek & potato bake	Roasted Gammon	Steamed cabbage Carrots	Roast potatoes	Tomato Cucumber Lettuce Beetroot Sweetcorn	Toffee apple Fresh fruit
FRIDAY	Mixed bean chilli	Baked fish of the day --- Steamed chicken breast with Cajun sauce	Steamed peas	Chipped potatoes	Tomato Cucumber Lettuce Beetroot Sweetcorn	Sponge cake of the day Fresh fruit



St Paul's School

Lunch – Allergy Menu - Week 2



	Mains (V)	Mains	Vegetable	Sides	Salads	Dessert
MONDAY	Spinach, tomato & rocket bake	Italian beef & potato bake	Wilted greens Roasted carrots	Garlic bread (gluten free)	Tomato Cucumber Lettuce Beetroot Sweetcorn	Exotic fruit kebabs Fresh fruit
TUESDAY	Stir-fried rice noodles with vegetables --- Baked sweet potato	Roast chicken with katsu curry sauce	Roasted butternut squash	Sticky rice	Tomato Cucumber Lettuce Beetroot Sweetcorn	Roasted peaches with dairy- free ice-cream Fresh fruit
WEDNESDAY	Roasted vegetable stacks	BBQ chicken leg	Fine beans Smashed peas	Paprika roasted potatoes	Tomato Cucumber Lettuce Beetroot Sweetcorn	Sponge cake of the day Fresh fruit
THURSDAY	Mexican bean chilli	Beef chilli con carne	Corn on the cob	Herby rice Corn tortilla Tomato salsa	Tomato Cucumber Lettuce Beetroot Sweetcorn	Ginger sponge Fresh fruit
FRIDAY	Vegetable Shawarma	Baked fish of the day --- Chicken Shawarma	Peas Chopped salad	Chipped potatoes	Tomato Cucumber Lettuce Beetroot Sweetcorn	Fruit jelly Fresh fruit



St Paul's School

Lunch – Allergy Menu - Week 3

Mains (V)

Mains

Vegetable

Sides

Salads

Dessert

MONDAY

Cauliflower curry

Fried vegetables with sweet
chilli

Spiced chicken

Green beans

Steamed rice
Bombay potatoes

Tomato
Cucumber
Lettuce
Beetroot
Sweetcorn

Rice pudding with berry
compote
Fresh fruit

TUESDAY

Lentil & vegetable hot pot

Beef & vegetable hot pot

Wilted greens
Carrots

Mashed potatoes

Tomato
Cucumber
Lettuce
Beetroot
Sweetcorn

Oat topped fruit crumble
Fresh fruit

WEDNESDAY

Vegetable casserole

Chicken chasseur

Peas
Roasted root vegetables

New potatoes

Tomato
Cucumber
Lettuce
Beetroot
Sweetcorn

Sponge cake of the day
Fresh fruit

THURSDAY

Kale & bean cassoulet

Pulled BBQ pork

Broccoli
Leeks

Paprika spiced parmentier
potatoes

Tomato
Cucumber
Lettuce
Beetroot
Sweetcorn

Fresh fruit salad
Fresh fruit

FRIDAY

Beetroot burger with
cucumber salsa

Chicken burger

Peas

Chipped potatoes

Tomato
Cucumber
Lettuce
Beetroot
Sweetcorn

Gluten free pancakes with
fruit compote
Fresh fruit