

ST FRANCIS SCHOOL XAVIER SECONDARY SCHOOL MENU CYCLE WEEK 1

AS AT APRIL 2017

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Option 1	Chicken Korma, Rice, Naan Bread	Cajun Chicken with Tumeric Rice	Roast Beef Yorkshire Pudding	Baked Mango and Chilli Chicken Breast on Pita	Fish in Batter Fish fingers
Main Option 2	Spicy Beef Burrito's	Gammon & Egg /Pineapple	Salmon in a Sweet Chilli Sauce	Beef Lasagne & Garlic Bread	Hot Dog in a Bun
Main Option 3 Starch	Creamy Vegetable Pasta Bake	Tomato & Basil Bake	Vegetables stir fry with Egg Noodles	Flaked Salmon & Pasta in a Cream sauce	Cheese & Tomato Quiche
Main Option 4 Vegetarian	Vegetable & Bean Burrito's	Peppers stuffed with Spicy Cous Cous	Lentil & Chickpea Curry	Quorn Lasagne & Garlic Bread	Assorted Flat Bread Pizzas
Main Option 5 Chefs Choice	Chefs choice	Chefs choice	Chefs choice	Chefs choice	Chefs choice
Paninis	Ham, Tuna, Onion	Ham, Tuna, Onion	Ham, Tuna, Onion	Ham, Tuna, Onion	Ham, Tuna, Onion
Baked Jackets	Bean, Tuna, Cheese	Bean, Tuna, Cheese	Bean, Tuna, Cheese	Bean, Tuna, Cheese	Bean, Tuna, Cheese
Vegetables	Carrots Broccoli	Peas Cauliflower	Cabbage Carrots	Green Beans Diced Swede	Mushy peas Mixed Vegetables
Potatoes	New Potatoes	New Minted Potatoes	Roasted	Baked Cajun Potato Wedges	Chips
Salads	Assorted Seasonal	Assorted Seasonal	Assorted Seasonal	Assorted Seasonal	Assorted Seasonal
Chilled Sandwiches Pasta Pots Wraps	Assorted Sandwiches Assorted Pasta Pots Assorted Wrap's	Assorted Sandwiches Assorted Pasta Pots Assorted Wrap's	Assorted Sandwiches Assorted Pasta Pots Assorted Wrap's	Assorted Sandwiches Assorted Pasta Pots Assorted Wrap's	Assorted Sandwiches Assorted Pasta Pots Assorted Wrap's
Dessert Option 1	Chocolate Sponge & Custard	Apple Crumble & Custard	Fruit Sponge & Custard	Bread & Butter Banana Pudding & Custard	Sticky toffee Pudding & Custard
Dessert Option 2	Tray Bakes Fresh Fruit Yoghurts Fruit Salad	Tray Bakes Fresh Fruit Yoghurts Fruit Salad	Tray Bakes Fresh Fruit Yoghurts Fruit Salad	Tray Bakes Fresh Fruit Yoghurts Fruit Salad	Tray Bakes Fresh Fruit Yoghurts Fruit Salad

ST FRANCIS SCHOOL XAVIER SECONDARY SCHOOL MENU CYCLE WEEK 2

AS AT APRIL 2017

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Option 1	Spaghetti Bolognaise & Garlic Bread	Tandoori Chicken Breast with Mint Cabbage	Roast Pork & Apricot Stuffing with Apple Sauce	Beef Casserole Served in Yorkshire Puddings	Fish Fingers Fish in Batter
Main Option 2	Sweet N Sour Pork & Brown Rice	Lamb & Mint Shepard's Pie	Chilli Beef Tacos & Sour Cream	Sausage & Sage Pastry Platt	Beef Burger
Main Option 3 Starch	Sauté Leek & Pasta with Soya sauce	Tomato, Onion & Basil Pasta	Macaroni Cheese Bake	Mighty Meaty Tomato Pasta Bake	Tomato & Basil Quiche
Main Option 4 Vegetarian	Quorn Spaghetti Bolognaise Garlic Bread	Vegetables & Bean Curry & Rice	Flaked Salmon with Spaghetti in a Cream Sauce	Quorn Casserole & Yorkshire Pudding	Assorted Flat Bread Pizzas
Main Option 5 Chefs Choice	Chefs choice	Chefs choice	Chefs choice	Chefs choice	Chefs choice
Paninis	Ham, Tuna, Onion	Ham, Tuna, Onion	Ham, Tuna, Onion	Ham, Tuna, Onion	Ham, Tuna, Onion
Baked Jackets	Bean, Tuna, Cheese	Bean, Tuna, Cheese	Bean, Tuna, Cheese	Bean, Tuna, Cheese	Bean, Tuna, Cheese
Vegetables	Mixed Vegetables	Peas Cauliflower	Broccoli Carrots	Peas Sweetcorn	Mushy peas Mixed Vegetables
Potatoes	New Potatoes	New Minted Potatoes	Roasted Garlic	Mashed Potatoes Spicy Wedges	Chips
Salads	Assorted Seasonal	Assorted Seasonal	Assorted Seasonal	Assorted Seasonal	Assorted Seasonal
Chilled Sandwiches Pasta Pots Wraps	Assorted Sandwiches Assorted Pasta Pots Assorted Wrap's	Assorted Sandwiches Assorted Pasta Pots Assorted Wrap's	Assorted Sandwiches Assorted Pasta Pots Assorted Wrap's	Assorted Sandwiches Assorted Pasta Pots Assorted Wrap's	Assorted Sandwiches Assorted Pasta Pots Assorted Wrap's
Dessert Option 1	Apple Crumble & Custard	Banana & Butterscotch Pudding & Custard	Treacle Sponge & Custard	Chocolate Sponge & Custard	Mixed Fruit Sponge & Custard
Dessert Option 2	Tray Bakes Fresh Fruit Yoghurts Fruit Salad	Tray Bakes Fresh Fruit Yoghurts Fruit Salad	Tray Bakes Fresh Fruit Yoghurts Fruit Salad	Tray Bakes Fresh Fruit Yoghurts Fruit Salad	Tray Bakes Fresh Fruit Yoghurts Fruit Salad

ST FRANCIS SCHOOL XAVIER SECONDARY SCHOOL MENU CYCLE WEEK 3

AS AT APRIL 2017

AS AT April 2017 WEEK 3	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Main Option 1	Chicken Tikka Masala, Naan Bread & Rice	BBQ Chicken Breast with Noodles	Honey Roasted Gammon	Chicken Breast in a Tomato & Basil sauce Topped with Spicy Cheese	Fish in Batter Fish Fingers
Main Option 2	Spaghetti Carbonara	Stir Fry Beef & Vegetable Chow Mein	Steamed Salmon with Parsley Sauce	Toad in The Hole	Chicken Burger in a Bun
Main Option 3 Starch	Cheese & Vegetable Bake	Tomato, Garlic & Mushroom Pasta	Sauté Special Fried Rice	Spaghetti in a Tomato and Pasta sauce	Bacon & Onion Quiche
Main Option 4 Vegetarian	Quorn Tikka Masala & Rice	Mexican Bean Burgers & Salsa Sauce	Baked Stuffed Tomatoes	Quorn Sausages Toad in The Hole	Assorted Flat Bread Pizzas
Main Option 5 Chefs choice	Chefs choice	Chefs choice	Chefs choice	Chefs choice	Chefs choice
Paninis	Ham, Tuna, Onion	Ham, Tuna, Onion	Ham, Tuna, Onion	Ham, Tuna, Onion	Ham, Tuna, Onion
Baked Jackets	Bean, Tuna, Cheese	Bean, Tuna, Cheese	Bean, Tuna, Cheese	Bean, Tuna, Cheese	Bean, Tuna, Cheese
Vegetables	Peas Carrots	Broccoli Sweetcorn	Carrots Swede	Peas Sweetcorn	Mushy peas Mixed Vegetables
Potatoes	New Potatoes	New Minted Potatoes	Roasted Potatoes	Baked Chilli Potato Wedges	Chips
Salads	Assorted Seasonal	Assorted Seasonal	Assorted Seasonal	Assorted Seasonal	Assorted Seasonal
Chilled Sandwiches Pasta Pots Wraps	Assorted Sandwiches Assorted Pasta Pots Assorted Wrap's	Assorted Sandwiches Assorted Pasta Pots Assorted Wrap's	Assorted Sandwiches Assorted Pasta Pots Assorted Wrap's	Assorted Sandwiches Assorted Pasta Pots Assorted Wrap's	Assorted Sandwiches Assorted Pasta Pots Assorted Wrap's
Dessert Option 1	Eves Pudding & Custard	Chocolate Sponge & Custard	Fruit Crumble & Custard	Pear & Honey Sponge & Custard	Jam Sponge & Custard
Dessert Option 2	Tray Bakes Fresh Fruit Yoghurts Fruit Salad	Tray Bakes Fresh Fruit Yoghurts Fruit Salad	Tray Bakes Fresh Fruit Yoghurts Fruit Salad	Tray Bakes Fresh Fruit Yoghurts Fruit Salad	Tray Bakes Fresh Fruit Yoghurts Fruit Salad