Harrison Catering@ St Teresa's School Lunch Menu Week 1

Please note the top line highlighted in green is the suggested first choice for the Prep girls

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Shepherds Pie	Macaroni Cheese	Roast Beef with Yorkshire Pudding	Turkey, Ham and Mushroom Pie	Jumbo Fish Fingers		Jacket Potatoes Prawn and Mary Rose
Shepherds Pie with Sweet Potato and Cheddar Cheese Top	Lime and Coriander Salmon Parcels	Rare Roast Beef with Yorkshire Puddings	Turkey, Ham and Mushroom Pie	Freshly Battered Fish		
Penne Pasta with Bacon and Tomato and Thyme Sauce	Chicken Biriyani	Spaghetti Bolognaise	Soy and Ginger Beef Stir Fry	Penne Pasta Spicy Sausage Sauce	Packed Lunch	Cheese and Chives Bolognaise Sauce Tuna Mayo
Veggie Cottage Pie (with Lentils)	Macaroni Cheese	Veggie Bolognaise (with Quorn Mince)	Vegetable Stir Fry with Soy and Ginger	Stuffed Tomatoes on Puy Lentils		Chicken Tikka Roasted Vegetables
Rosemary Roasted New Potatoes	Pilau Rice	Roasted Potatoes/Spaghetti	New Potatoes	Chipped Potatoes		Jacket Wedges
Sauté White Cabbage Vichy Carrots	Green Bean Sweetcorn	Roasted Vegetables Steamed Broccoli	Sauté Leek Vegetable Stir Fry Noodles	Garden Peas Baked Beans		Vegetable Crudités
Apricot Crumble with Custard	Pear Flan with Apricot Glaze and Fresh Cream	Cheese and Biscuits	Summer Fruit Lattice with Custard	Homemade Profiteroles with Warm Chocolate Sauce		Raspberry and White Chocolate Muffins
Yoghurt Fresh Fruit Salad Fruit Jellies Fresh Fruit	Yoghurt Fresh Fruit Salad Fruit Jellies Fresh Fruit	Yoghurt Fresh Fruit Salad Fruit Jellies Fresh Fruit	Yoghurt Fresh Fruit Salad Fruit Jellies Fresh Fruit	Yoghurt Fresh Fruit Salad Fruit Jellies Fresh Fruit	Yoghurt Fresh Fruit Salad Fruit Jellies Fresh Fruit	Yoghurt Fresh Fruit Salad Fruit Jellies Fresh Fruit

Harrison Catering@ St Teresa's School Lunch Menu Week 2

Please note the top line highlighted in green is the suggested first choice for the Prep girls

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Poached Chicken Goujons with Tomato Ketchup	Lasagne	Roast Pork	Mild Chilli Beef with Taco Shells	Roasted Salmon		Assorted filled Baguettes
Grilled Marked Chicken with Lemon and Thyme	Traditional Lasagne	Roast Pork with Homemade Apple Chutney	Chilli Beef with Taco Shells, Crème Fraiche and Avocado Salsa	Fried or Roasted Fish of the Day (with Prawn and Dill Sauce)		Pesto Chicken Chicken Salad
Homemade Sausage, Potato and Red Onion Lattice	Pasta Carbonara	Butternut squash Risotto with Fresh Sage	Spanish Frittata	Homemade Quiche Lorraine		Brie with Cranberry
Homemade Cherry Tomato, Red Onion and Spinach Lattice	Veggie Lasagne (with Mediterranean Style Roasted Veg)	Quorn Steak and Bean Cassoulet	Vegetable Chilli with Taco Shells with Crème Fraiche	Summer Vegetable Quiche	Packed Lunch	Roasted Peppers with Hummus and Grated Carrot
Mashed Potato	Garlic and Herb Bites	Roast Potatoes	Roasted New Potatoes	New / Chipped Potatoes		Sauté Potatoes
Broccoli Florets Baked Beans	Summer Vegetable Medley	Cauliflower Florets in Cheese Sauce Steamed Carrots	Green Beans	Garden Peas Baked Beans		Summer Salad
Bread and Butter Pudding with Custard	Pineapple Fritters Butterscotch Sauce	Apple and Summer Berry Strudel with Custard	Summer Fruit Trifle	Chocolate and Marshmallow Crispie Cake		Tropical Fruit Salad with Pomegranate
Yoghurt Fresh Fruit Salad Fruit Jellies Fresh Fruit	Yoghurt Fresh Fruit Salad Fruit Jellies Fresh Fruit	Yoghurt Fresh Fruit Salad Fruit Jellies Fresh Fruit	Yoghurt Fresh Fruit Salad Fruit Jellies Fresh Fruit	Yoghurt Fresh Fruit Salad Fruit Jellies Fresh Fruit	Yoghurt Fresh Fruit Salad Fruit Jellies Fresh Fruit	Yoghurt Fresh Fruit Salad Fruit Jellies Fresh Fruit

Harrison Catering@ St Teresa's School Lunch Menu Week 3

Please note the top line highlighted in green is the suggested first choice for the Prep girls

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mini Meatballs with a Tomato Sauce	Butchers Pork Sausages	Roasted Leg of Lamb	Breast of Chicken Supreme	Homemade Fish Goujons		Assorted filled Wraps
Italian Meatballs with an Olive and Chunky Tomato Sauce	Butchers Pork Sausages	Rosemary and Garlic infused Roast Leg of Lamb	Beef Bourguignon	Fish of the Day Salmon and Dill Fish Cake		Chicken Caesar Duck Hoi Sin
Farmhouse Pasta Bake with Bacon and Peas	Chicken with Lemon and Garlic with Crispy Bacon	Wholemeal Pizza with Ham and Pineapple	Chicken with Creamy Bacon Penne	Pasta Twist Bolognaise Sauce	Packed Lunch	Mature Cheddar with Caramelized Apple Chutney
Veggie Meatballs (made with Chickpeas)	Quorn Sausages	Roasted Tomato and Mozzarella Wholemeal Pizza	Ratatouille			Roasted Tomato, Cream Cheese and Baby Spinach
Basmati Rice	Mashed Potatoes	Roasted Potatoes	Garlic and Herb Roasted New Potatoes	Chipped Potatoes		Parmentiere Potatoes
Sweetcorn Green Beans	Steamed Broccoli Baked Beans	Sauté Savoy Cabbage Sweetcorn	Mange Tout and Baby Corn Sauté Leek and Carrors	Garden Peas Baked Beans		Summer Salad
Banana Cake with a Toffee Frosting	Lemon Tart with a Berry Coulis	Dutch Apple Pie with Custard	Trio of Jelly	Chocolate and Orange Sponge with Chocolate Sauce		Cherry Flapjacks
Yoghurt Fresh Fruit Salad Fruit Jellies Fresh Fruit	Yoghurt Fresh Fruit Salad Fruit Jellies Fresh Fruit	Yoghurt Fresh Fruit Salad Fruit Jellies Fresh Fruit	Yoghurt Fresh Fruit Salad Fruit Jellies Fresh Fruit	Yoghurt Fresh Fruit Salad Fruit Jellies Fresh Fruit	Yoghurt Fresh Fruit Salad Fruit Jellies Fresh Fruit	Yoghurt Fresh Fruit Salad Fruit Jellies Fresh Fruit