

Veggie

/eggie

# Holy Family Cronton Menu





# Monday

Creamy Tomato and roasted

red pepper Fusilli

Choice of ham, cheese (v), tuna or egg (v) filled sandwich / barm / wrap with salad selection or soup

Oven baked jacket potato with tuna, cheese (v) or beans (v) served with salad selection

#### Crispy Southern fried chicken Quorn Pasta Bolognese served goujons wrap served with oven with Garlic bread cooked wedges and salad

Halloumi Fajita served with oven cooked wedges and salad

Tuesday

Choice of ham, cheese (v), tuna or egg (v) filled andwich / barm / wrap with salad selection or sou

Oven baked jacket potato with tuna, cheese (v) or beans (v) served with salad selection

# Wednesday

Sausage, hash brown, mushrooms, beans served with toast / barm

> Veggie sausage, hash brown, mushrooms, beans served with toast / barm

Choice of ham, cheese (v), tuna or egg (v) filled andwich / barm / wrap with salad selection or sou

Oven baked jacket potato with tuna, cheese (v) or beans (v) served with salad selection

# Thursday

Farm Assured roast chicken, roast potatoes, yorkshire pudding. gravy and seasonal vegetables

Quorn chicken, roast potatoes, yorkshire pudding, gravy & seasonal vegetables

Choice of ham, cheese (v), tuna or egg (v) filled sandwich / barm / wrap with salad selection or soul

Oven baked jacket potato with tuna, cheese (v) or beans (v) served with salad selection

# Friday

Harry Ramsdens Fish Fillet, homestyle cooked chips beans or Spaghetti hoops

Quorn chicken nuggets with chips, beans or spaghetti hoops

Choice of ham, cheese (v), tuna or egg (v) filled sandwich / barm / wrap with salad selection or sou

Oven baked jacket potato with tuna, cheese (v) or beans (v) served with salad selection

Ravioli in a tomato sauce served with wedges and crusty bread

Cheese and Tomato pizza, oven cooked wedges, coleslaw & salad

Choice of ham, cheese (v), tuna or egg (v) filled sandwich / barm / wrap with salad selection or soup

Oven baked jacket potato with tuna, cheese (v) or beans (v) served with salad selection

# Salmon and broccoli in a creamy sauce served with pasta and salad

Cauliflower Cheese & jacket potato

Choice of ham, cheese (v), tuna or egg (v) filled sandwich / barm / wrap with salad selection or soup

Oven baked jacket potato with tuna, cheese (v) or beans (v) served with salad selection

Tikka Masala Curry & rice served with naan bread

#### Vegetable Curry served with naan bread

Choice of ham, cheese (v), tuna or egg (v) filled sandwich / barm / wrap with salad selection or soup

Oven baked jacket potato with tuna, cheese (v) or beans (v) served with salad selection

Farm Assured Beef. Mash. yorkshire pudding, gravy and seasonal vegetables

> Quorn beef steak, mash, yorkshire pudding, gravy and seasonal vegetables

Choice of ham, cheese (v), tuna or egg (v) filled sandwich / barm / wrap with salad selection or soup

Oven baked jacket potato with tuna, cheese (v) or beans (v) served with salad selection

Fish Finger sub, homestyle cooked chips beans or Spaghetti Hoops

Veggie fingers with chips, beans or spaghetti hoops

Choice of ham, cheese (v), tuna or egg (v) filled sandwich / barm / wrap with salad selection or soup

Oven baked jacket potato with tuna, cheese (v) or beans (v) served with salad selection

# Main <sup>-</sup> O

Main 2

Veggie

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Veggie Meatballs in a rich creamy and herb sauce with Spaghetti and garlic bread

#### Cheese and Onion pie

Choice of ham, cheese (v), tuna or egg (v) filled sandwich / barm / wrap with salad selection or soup

Oven baked jacket potato with tuna, cheese (v) or beans (v) served with salad selection

#### Chicken Enchiladas with peppers, sweetcorn, onion in a mild chilli sauce served with rice, nachos & salad

Veggie Enchiladas served with rice, nachos and salad

Choice of ham, cheese (v), tuna or egg (v) filled sandwich / barm / wrap with salad selection or SOUD

Oven baked jacket potato with tuna, cheese (v) or beans (v) served with salad selection

### Homemade Lasagne served with garlic bread and salad

Vegetable Lasagne served with garlic bread and salad

Choice of ham, cheese (v), tuna or egg (v) filled sandwich / barm / wrap with salad selection or

Oven baked jacket potato with tuna, cheese (v) or beans (v) served with salad selection

Roast Chicken served with roast potatoes, vorkshire pudding, gravy and seasonal vegetables

> Quorn chicken, roast potatoes, vorkshire pudding, gravy & seasonal vegetables

Choice of ham, cheese (v), tuna or egg (v) filled sandwich / barm / wrap with salad selection or soup

> Oven baked jacket potato with tuna, cheese (v) or beans (v) served with salad selection

Harry Ramsdens Fish fillet served with oven cooked chunky chips and beans

#### Macaroni Cheese

Choice of ham, cheese (v), tuna or egg (v) filled sandwich / barm / wrap with salad selection or soup

Oven baked jacket potato with tuna, cheese (v) or beans (v) served with salad selection

Available daily: Fresh Fruit, Yoghurt, Water and Milk.

denotes a health/ choice Meal (all sandwich and jacket potato options are healthy choice).

# MTWTFSS 15 16 18 19 20 21 22 23 26 27 28 29 30

Week One Week Two Week Three









