



St Patrick's RC High School Menu

| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------------|--|--|---|---|--------------------------|
| Main Meals | Sausages & Onion Gravy | Rogan Josh Curry | Roast Turkey Dinner served with Sage Stuffing | Homemade Mince & Onion Pie | Baked Breaded Cod |
| Vegetarian Meals | Vegetarian Sausages & Onion Gravy | Cheese and Tomato Whirls | Vegetable Cottage Pie | Quorn Bolognaise & Garlic Bread | Cheese & Pepper Quiche |
| Potatoes / Rice | Sweet Potato Mash | Spicy Sweet Potato Wedge, | Mash Potatoes | 50/50 Pasta Mash Potato Beetroot | Chips |
| Vegetables / Salad | Peas | Vegetable Medley | Carrots and Peas, Red Cabbage | Chefs Choice | Mushy Peas, Chefs Choice |
| Pasta Dishes | Two varieties of Pasta Sauce served daily from the following options: Arrabiata, Basilco, Pomodoro, Chicken – Italiano, Sweet Chilli, Firecracker, Tikka, Torino served with Plain and Wholemeal Pasta | | | | |
| Jacket Potatoes | Jacket Potato served either Plain or with a choice from a variety of fillings available daily: Tuna, Cheese and Baked Beans and Chefs Special | | | | |
| Soup | One choice of Soup served daily: | | | | |
| Self Serve Salad bar | Various Salad items available daily with the choice of one protein item: Turkey, Tuna, Ham, Feta Cheese and Cheddar Cheese also available Vinaigrette, Salsa and Sweet Chili Sauce | | | | |
| Sandwiches | Variety of filled Sandwiches available daily: Chicken, Tuna Mayo, Ham, Cheese and Egg Mayo | | | | |
| Baguettes | Variety of filled Baguettes available daily: Chicken Tikka, Turkey, Tuna, Ham and Cheese, Deluxe Offers | | | | |
| Tortilla | Two varieties of filled Tortillas served daily from the following options: Chicken – BBQ, Chinese, Sweet Chilli, Chipotle, Tandoori and Louisiana. | | | | |
| Pizza / Panini | Cheese & Tomato | Cheese & Tomato | Cheese & Tomato | Cheese & Tomato | Cheese & Tomato |
| Dessert | Chocolate Crunch | Chocolate Mousse served with mini Shortbread | Oaty Winter Crumble Served with Custard | Homemade Cupcakes Chefs choice of topping | Raspberry Jelly |
| Fresh Fruit | Variety of Fresh Fruit available daily: Apples, Oranges, Bananas, Pears and Seasonal Fruit | | | | |
| Fruit Pots | Fruit Salad | Fruit Salad | Fruit Salad | Fruit Salad | Fruit Salad |
| Biscuits | Variety of Biscuits available daily: Ginger, Oatmeal, Chocolate, Orange, Coconut, Chocolate Crunch , Chocolate Cookies | | | | |
| Yoghurts | Variety of Flavours served Daily with Fresh Fruit | | | | |
| Muffins / Cake | Variety of Muffins / Cakes available daily: Lemon, Fruit, Chocolate, Orange, Coconut | | | | |
| Semi Skimmed Milk 250ml | Milk | Milk | Milk | Milk | Milk |
| Bread Rolls | Available daily | Available daily | Available daily | Available daily | Available daily |
| Free Drinking Water | Available daily | Available daily | Available daily | Available daily | Available daily |

