



St Patrick's RC High School Menu

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meals	Southern Fried Chicken Fillet & Bap	Sausages in Gravy served with Onions	Traditional Roast Chicken Dinner	Meat & Potato Pie	Baked Breaded Cod
Vegetarian Meals	Homemade Vegetable Burger in a Bun	Vegetable Burger served on a Barm	Stuffed Peppers	Cheese Pie	Cheese & Onion Pasty
Potatoes / Rice	Spicy Potato Wedges	50/50 Rice	Mash Potatoes, New Potatoes	Roast Potatoes , New Potatoes	Chips 50/50 Rice
Vegetables / Salad	Mixed Salad	Homemade Tortillas	Vegetable Medley Sweet Corn	Broccoli Medley Baked Beans	Beans Peas
Pasta Dishes	Two varieties of Pasta Sauce served daily from the following options: Arrabiata, Basilco, Pomodoro, Chicken – Italiano, Sweet Chilli, Firecracker, Tikka, Torino				
Jacket Potatoes	Jacket Potato served either Plain or with a choice from a variety of fillings available daily: Tuna, Cheese, 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, Egg Mayo				
Baguettes	Variety of filled Baguettes available daily: Chicken Tikka, Turkey, Tuna, Ham, 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	Iced Shortbread	Carrot Cake	Chocolate & Orange Mousse	Raspberry Chocolate Brownie	Chocolate Crunch
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 and Chocolate Cookies				
Yoghurts	Variety of Flavours served Daily				
Muffins / Cakes	Variety of Muffins available daily: Lemon, Fruit, Chocolate, Orange, Coconut				
Semi skimmed Milk 250ml	Milk	Milk	Milk	Milk	Milk
Orange Juice – 150ml	Fair-trade Orange Juice	Fair-trade Orange Juice	Fair-trade Orange Juice	Fair-trade Orange Juice	Fair-trade Orange Juice
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