



St Patrick's RC High School Menu

| Week 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------------|---|-----------------------------------|--|--|-----------------------------------|
| Main Meals | Fish Fingers | Chicken Tikka Leg | Pork Loin Chop Served with Apple Sauce | Posh Dogs served on sub roll | Breaded Cod Fillets |
| Vegetarian Meals | Cheese Pasta Bake & Garlic Bread | Stuffed Cabbage Leaves | Cheese Omelettes | Stuffed Cheese & Garlic Jacket Potato | Vegetarian Sausages Rolls |
| Potatoes / Rice | Mashed Potatoes | Savoury Rice | Spicy Sweet Potatoes, Mashed Potatoes | Spicy Potato Wedges | Chips |
| Vegetables / Salad | Broccoli, Chefs Choice | Mixed Salad Beans | Carrots & Peas Baked Beans | Beans | Peas Baked Beans |
| 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 Choice | | | | |
| 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 Daily specials | Cheese & Tomato Daily specials | Cheese & Tomato Daily specials | Cheese & Tomato Daily specials | Cheese & Tomato Daily specials |
| Dessert | Seasonal Fruit and Plain Yogurt Pots | Raspberry Jelly & Fruit | Apple & Sultana Crumble + Custard | Manchester Tart | Lemon Drizzle Cake |
| 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 | | | | |
| Muffins / Cakes | Variety of Muffins available daily: Lemon, Fruit, Chocolate, Orange, Coconut | | | | |
| Skimmed Milk - 250ml | Milk | Milk | Milk | Milk | Milk |
| Orange Juice – 150 ml | Fair-trade Orange Juice | Fair-trade Orange Juice | Fair-trade Orange Juice | Fair-trade Orange Juice | Fair-trade Orange Juice |
| Bread | Available daily | | | | |
| Free Drinking Water | Available daily | | | | |

