



St Columba's  
Week 3

# Week 3 Menu

All main meals are accompanied with: Seasonal vegetables or salad items.  
And either: potatoes, rice, pasta, chapattis, or naan bread. Bread is available daily, along with fresh fruit and fruit yoghurt too, as part of the dessert options.

All menu items are subject to availability and may change without notice.

## Monday

**Chicken & Vegetable Pie**  
Chicken & veg in gravy with a pastry lid

✓ **Quorn Meatballs**  
Quorn meatballs in a sun-ripened tomato sauce

**Marble Sponge**  
Plain sponge marbled with a chocolate sponge mixture and served with custard

**Jacket Potatoes / Non-Meat Panini**

**Flapjack**  
A sweet bar made with oats, golden syrup and butter

## Tuesday

**Beef Lasagne**  
Layered beef & pasta topped with cheese sauce

✓ **Vegetable Lasagne**  
Tender vegetables in a tomato base, layered with pasta and a creamy cheese sauce

**Mixed Fruit Crumble**  
Mixed fruit topped with a crispy crumble & served with custard

**Jacket Potatoes / Non-Meat Panini**

## Wednesday

**Roast Dinner**  
Tender roast meat slices with a rich gravy

✓ **Quorn Sausage**  
A protein rich, vegetarian sausage

**Orange Drizzle Cake**  
Orange Sponge drizzled in sauce and served with custard

**Jacket Potatoes / Non-Meat Panini**

**Frozen Smoothie**  
An individual frozen sorbet, made with fresh fruit puree

## Thursday

**Sticky Chicken Pizza**  
Pizza topped with sticky chicken

✓ **Cheese & Tomato Pizza**  
Pizza topped with tomato sauce & cheese topping

**Mandarin Sponge**  
Rich sponge with mandarins, served with custard

**Jacket Potatoes / Non-Meat Panini**

**Decorated Buns**  
Individually iced sponge bun

## Friday

**Tempura Battered Fish**  
White fish fillet in a crispy tempura batter

✓ **Quorn Sausage**  
A protein rich, vegetarian sausage

**Chocolate Sponge**  
Rich cocoa based sponge served with chocolate sauce

**Jacket Potatoes / Non-Meat Panini**

**Fruit Jelly**  
Decorated fruit jelly

# school catering

at

St Columba's Catholic Primary School



This leaflet contains details of the menu at your school after October Half-Term.

Tasty, nutritious school meals have been provided in the Bradford district for many years. The Universal Infant Free School Meals scheme means these meals are now provided for **FREE** to all primary school children in reception class and Years 1 & 2.

There are no forms to fill in, or other eligibility criteria. So if your child is in one of these year groups, you can simply send them along to school to enjoy a delicious free lunch each day. If you would be eligible for free school meals (see criteria overleaf), it's a good idea to still register as your school will benefit from extra funding.

**Please Note: For children in Years 3 - 6, meals will be priced at £1.60\*, which is still great value for money.**

## Menu Cycle

w/c 31-Oct-16	Week 1
w/c 07-Nov-16	Week 2
w/c 14-Nov-16	Week 3
w/c 21-Nov-16	Week 1
w/c 28-Nov-16	Week 2
w/c 05-Dec-16	Week 3
w/c 12-Dec-16	Week 1
w/c 19-Dec-16	Holiday week
w/c 26-Dec-16	Holiday week
w/c 02-Jan-17	Week 1
w/c 09-Jan-17	Week 2
w/c 16-Jan-17	Week 3
w/c 23-Jan-17	Week 1
w/c 30-Jan-17	Week 2
w/c 06-Feb-17	Week 3
w/c 13-Feb-17	Week 1
w/c 20-Feb-17	Holiday week
w/c 27-Feb-17	Week 3
w/c 06-Mar-17	Week 1
w/c 13-Mar-17	Week 2
w/c 20-Mar-17	Week 3
w/c 27-Mar-17	Week 1
w/c 03-Apr-17	Week 2

Dates shown in red are holiday weeks

City of Bradford MDC

[www.bradford.gov.uk](http://www.bradford.gov.uk)

The wording in this publication can be made available in other formats such as large print. Please call: 01274 436778.

More information on the meals we provide, along with detailed allergen information is available online at:

[www.bradford.gov.uk/schoolmeals](http://www.bradford.gov.uk/schoolmeals)

\*Subject to change in January 2017



# Week 1 Menu

All main meals are accompanied with: Seasonal vegetables or salad items. And either: potatoes, rice, pasta, chapattis, or naan bread. Bread is available daily, along with fresh fruit and fruit yoghurt too, as part of the dessert options.

St Columba's Week 1

All menu items are subject to availability and may change without notice.

## Monday

### Braised Sausage

Sausage braised with onions and gravy, slowly cooked in the oven

### Vegetarian Quorn Meatballs with Gravy

Quorn meatballs in gravy

### Pineapple Upside

A sponge topped with pineapple, syrup and served with custard

### Jacket Potatoes / Non-Meat Panini

### Angel Delight

Light and creamy mousse



## Tuesday

### Chilli Con Carne

Minced beef cooked in a spicy sauce

### Vegetarian Cheese Lattice

A thick cheese sauce encased in a puff pastry lattice, baked through the oven

### Swedish Apple Sponge

A light sponge baked over a bed of sliced apples

### Jacket Potatoes / Non-Meat Panini

### Fruit Jelly

Decorated fruit jelly



## Wednesday

### Roast Turkey Dinner

Tender roast turkey slices with a rich gravy

### Vegetarian Quorn Sausage

A protein rich, vegetarian sausage

### Rice Pudding & Peaches

Rice pudding served with peaches and jam

### Jacket Potatoes / Non-Meat Panini

### Strawberry & Vanilla Mousse

Frozen strawberry & vanilla mousse



## Thursday

### Ham & Mushroom Pizza

Pizza topped with ham & mushrooms

### Vegetarian Cheese & Tomato Pizza

Pizza topped with tomato sauce & cheese topping

### Mandarin Sponge

Rich sponge with mandarins, served with custard

### Jacket Potatoes / Non-Meat Panini

### Frozen Smoothie

An individual frozen sorbet, made with fresh fruit puree



## Friday

### Jumbo Fish Fingers

Extra large fish fillet finger in a light batter

### Vegetarian Quorn Burger

Baked quorn burger served in a bread bun with salad

### Chocolate Sponge

Rich cocoa based sponge served with chocolate sauce

### Jacket Potatoes / Non-Meat Panini

### Cocoa & Orange Cookie



# Week 2 Menu

All main meals are accompanied with: Seasonal vegetables or salad items. And either: potatoes, rice, pasta, chapattis, or naan bread. Bread is available daily, along with fresh fruit and fruit yoghurt too, as part of the dessert options.

St Columba's Week 2

All menu items are subject to availability and may change without notice.

## Monday

### Chilli Chicken Pasta

Chicken in a mild spicy tomato sauce served over pasta

### Vegetarian Vegetable Soya Bolognese

Vegetables & Soya in a rich tomato and herb sauce served with pasta

### Lemon & Sultana Sponge

A light sponge with a hint of lemon & sultanas, served with creamy custard

### Jacket Potatoes / Non-Meat Panini

### Chocolate & Vanilla Mousse

frozen chocolate & vanilla mousse

## Tuesday

### Cornish Pie

Braised minced and vegetables in gravy, topped with a short crust pastry

### Vegetarian Vegetable Ravioli

Pasta pillows filled with a vegetable puree and cooked in a rich tomato sauce

### Apple Crumble

Cooked apple topped with a crispy crumble & served with custard

### Jacket Potatoes / Non-Meat Panini

### Fruit Cheese Cake

Biscuit base with a cheesecake filling and finished with fruit

## Wednesday

### Spaghetti Bolognese

Minced beef in an Italian sauce with spaghetti

### Vegetarian Mild Veggie Keema & Peas

Minced vegetable soya cooked with onions, spices and garden peas

### Jam Sponge

A light sponge topped with jam, served with creamy custard

### Jacket Potatoes / Non-Meat Panini / Non-Meat Panini

### Cocoa & Orange Cookie

## Thursday

### BBQ Chicken Pizza

Pizza topped with BBQ chicken

### Vegetarian Cheese & Tomato Pizza

Pizza topped with tomato sauce & cheese topping

### Eve's Pudding

A base of soft tender apples under a light sponge served with custard

### Jacket Potatoes / Non-Meat Panini

### Cheese, Crackers & Fruit

## Friday

### Battered Fishcake

White fish flakes, potatoes and herbs coated in a light batter

### Vegetarian Quorn Burger

Baked quorn burger served in a bread bun with salad

### Chocolate Sponge

Rich cocoa based sponge served with chocolate sauce

### Jacket Potatoes / Non-Meat Panini

### Frozen Smoothie

An individual frozen sorbet, made with fresh fruit puree

- ✓ All meat and poultry used is locally sourced.
- ✓ All fresh vegetables and potatoes are locally sourced
- ✓ All our fish, vegetarian, cheese dishes are suitable for Muslims
- ✓ All our dessert items are suitable for vegetarians and Muslims
- ✓ We do not use preservatives or additives that are unsuitable for children
- ✓ We have a no nut and no genetically modified ingredient policy



Approved by



## Children in Years 3 to 6 could also get School Meals for FREE

Your child is entitled to free school meals if you receive any of the following\*:

- Income Support
- Universal Credit
- Pension Credit (Guarantee Credit only)
- Income based Jobseekers Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- Child Tax Credit with an annual income of less than £16,190, if not receiving Working Tax Credit
- Income-related Employment and Support Allowance
- Working Tax Credit run-on

Registering for Free School Meals means your school gets extra money from the government, known as the pupil premium. For more information on free school meals please tel: **01274 432772** or email: **benefits@bradford.gov.uk** Or check/apply online at **www.bradford.gov.uk/benefits**