

BSF Menu – St Damian's 2023

Monday WEEK 1	Tuesday	Wednesday	Thursday	Friday
Minced Beef Pie, New potatoes, carrots & sweetcorn	Chicken Tikka wrap with rice and salad	Roast Chicken, Creamed Potato, roast potatoes, Carrots, and Broccoli	Cottage Pie with Peas	Fish, Chips and Peas
Quorn Tikka Curry, Rice, and Naan	Quorn Sausage with creamed potatoes, peas or baked beans	Vegetable Lasagne, Garlic Bread & Salad	Roast Mediterranean vegetables with rice	Mac N Cheese
Pasta bar and sauce of the day	Pasta bar and sauce of the day	Pasta bar and sauce of the day	Pasta bar and sauce of the day	Pasta bar and sauce of the day
Jacket Potatoes – House Salad, Baked Beans, Tuna Mayo, Mature Grated Cheese				
Panini / Sausage Roll	Panini / Beefburger	Panini / Pizza	Panini /Spicy chicken burger	Cheese Panini
Variety of Homemade Tray Brakes / Dessert & Custard/ Grape Pots / Whole fresh Fruit				
Monday WEEK 2	Tuesday	Wednesday	Thursday	Friday
Chicken madras, Rice & Naan Bread	Beef Lasagne, Garlic Bread & Salad	Roast Beef, Roast potatoes, Carrots, Peas, and Gravy	Chinese Chicken wrap, Rice & Salad	Baked Fish, Chips, and Peas
Quorn Bolognese, Salad & crusty bread	Cheese and Onion Pie, Creamed potatoes, and baked beans	Tomato Pasta, salad & Wedges	Quorn Korma & Rice	Vegetable sausage Roll
Pasta bar and sauce of the day	Pasta bar and sauce of the day	Pasta bar and sauce of the day	Pasta bar and sauce of the day	Pasta bar and sauce of the day
Jacket Potatoes – House Salad, Baked Beans, Tuna Mayo, Mature Grated Cheese				
Panini / Hotdog	Panini / Cheese/ Beef Burger	Panini / Pizza	Panini / Spicy Chickenburger	Cheese Panini
Variety of Homemade Tray Brakes / Dessert & Custard / Grape Pots / Whole fresh Fruit				
Monday WEEK 3	Tuesday	Wednesday	Thursday	Friday
Braised Sausage with Creamy Mash, Garden Peas	Chicken Katsu Curry with Rice and Naan	Roast Chicken with roast & Mash Potatoes, Broccoli and Carrots	Beef Lasagne with crusty bread and a side salad	Battered Fish, Chips, Peas
Cheese Whirl	Mac n Cheese	Stuffed half pepper with savoury rice	Vegetable Tikka, Rice, and Naan	Mac N Cheese
Pasta bar and sauce of the day	Pasta bar and sauce of the day	Pasta bar and sauce of the day	Pasta bar and sauce of the day	Pasta bar and sauce of the day
Jacket Potatoes – House Salad, Baked Beans, Tuna Mayo, Mature Grated Cheese				
Panini / Spicy Chickenburger	Panini / Chicken Tikka Wrap	Panini / Pizza	Panini / Sausage Rolls	Panini
Variety of Homemade Tray Brakes / Dessert & Custard/ Grape pots & Whole fresh Fruit				

Available daily – assorted yoghurts, fresh wholemeal bread, salad pots and lots of fresh water. Allergy advice – all our food is prepared in a kitchen where nuts, gluten and other ingredients are present, and our menu descriptions do not include all ingredients. If you have an allergy, please let us know before ordering. Full allergen information is available from your school. Any fish we serve will vary depending on availability. We only select fish from sustainable sources. (V) Suitable for vegetarians or vegetarian options available. Our fish and chicken dishes may contain bones. All items on the menu are subject to availability and may be changed without prior notice to a suitable alternative