

The Little Flower Cafe

St Teresa's Catholic Primary School

Week 1



DAY	RED	GREEN	DESSERT
Monday <i>"Veggie Monday"</i>	Tomato Pasta <i>Home made tomato pasta with sweetcorn, mixed vegetables a side of Garlic Bread.</i>	Pasta Bake <i>Home made Pasta Bake served with a side of Garlic Bread.</i>	Cake of the day <i>A different cake each week, baked fresh in the school kitchen.</i>
Tuesday <i>"Tasty Tuesday's"</i>	Bangers and Mash <i>Pork Sausages served with Mashed Potato and Garden Peas.</i>	Veggie Bangers and Mash <i>Quorn Sausages served with Mashed Potato and Garden Peas.</i>	Jelly of the day <i>Scrumptious jelly made in house.</i>
Wednesday <i>"Mid-Week Roast"</i>	Mid Week Roast <i>Roast chicken served with gravy, roast potato, peas and carrots.</i>	Veggie Roast <i>A vegetable and cheese slice with gravy, roast potato, peas and carrots.</i>	Ice Cream <i>Vanilla ice cream.</i>
Thursday <i>"Multi-Cultural Thursday"</i>	Pepperoni Pizza <i>An Italian classic. Pizza with home-made sauce and fresh dough.</i>	Margarita Pizza <i>An Italian classic. Pizza with home-made sauce and fresh dough.</i>	Cup Cakes <i>Baked fresh in the school kitchen.</i>
Friday <i>"Fish Finger Friday"</i>	Fish Fillets <i>Traditional fish for Friday, served with chips and baked beans.</i>	Vegetable Nuggets <i>Veggie nuggets, served with chips and baked beans.</i>	Cookies <i>Baked fresh in the school kitchen</i>

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Week 2



DAY	RED	GREEN	DESSERT
Monday <i>"Veggie Monday"</i>		Tomato Pasta <i>Home made tomato pasta with sweetcorn, mixed vegetables a side of Garlic Bread.</i>	Cookies <i>Baked fresh in the school kitchen</i>
Tuesday <i>"Tasty Tuesday's"</i>	Hawaiian Pizza <i>A twist on the Italian classic. Pizza with home-made sauce and fresh dough topped with ham and pineapple</i>	Margarita Pizza <i>An Italian classic. Pizza with home-made sauce and fresh dough.</i>	Cup Cakes <i>Baked fresh in the school kitchen.</i>
Wednesday <i>"Mid-Week Roast"</i>	Mid Week Roast <i>Roast chicken served with gravy, roast potato, peas and carrots.</i>	Veggie Roast <i>A vegetable and cheese slice with gravy, roast potato, peas and carrots.</i>	Jelly of the day <i>Scrumptious jelly made in house.</i>
Thursday <i>"Multi-Cultural Thursday"</i>	Chicken Curry <i>An Indian classic. Home made curry served with vegetables and rice.</i>	Vegetarian Curry <i>An Indian classic. Home made curry served with vegetables and rice.</i>	Carrot Cake <i>A classic desert baked fresh in-house.</i>
Friday <i>"Fish Finger Friday"</i>	Fish Fillets <i>Traditional fish for Friday, served with chips and baked beans.</i>	Vegetable Nuggets <i>Veggie nuggets, served with chips and baked beans.</i>	Ice Cream <i>Vanilla ice cream.</i>

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Week 3



DAY	RED	GREEN	DESSERT
Monday <i>"Veggie Monday"</i>	Tomato Pasta <i>Home made tomato pasta with sweetcorn, mixed vegetables a side of Garlic Bread.</i>	Macaroni and Cheese <i>Home made macaroni with sweetcorn and a side of Garlic Bread.</i>	Cake of the day <i>A different cake each week, baked fresh in the school kitchen.</i>
Tuesday <i>"Tasty Tuesday's"</i>	Chicken Curry <i>An Indian classic. Home made curry served with vegetables and rice.</i>	Vegetarian Curry <i>An Indian classic. Home made curry served with vegetables and rice.</i>	Cookies <i>Baked fresh in the school kitchen</i>
Wednesday <i>"Mid-Week Roast"</i>	BBQ Chicken Roast <i>BBQ style chicken served with gravy, roast potato, peas and carrots.</i>	Veggie Sausage Roast <i>A veggie sausage and cheese slice with, roast potato, peas and carrots.</i>	Jelly of the day <i>Scrumptious jelly made in house.</i>
Thursday <i>"Multi-Cultural Thursday"</i>	Spaghetti Bolognese <i>An Italian classic. Home made "Spag Bol"</i>	Vegan Bolognese <i>An Italian classic. Home made "Spag Bol"</i>	Carrot Cake <i>A classic desert baked fresh in-house.</i>
Friday <i>"Fish Finger Friday"</i>	Fish Fillets <i>Traditional fish for Friday, served with chips and baked beans.</i>	Vegetable Nuggets <i>Veggie nuggets, served with chips and baked beans.</i>	Ice Cream <i>Vanilla ice cream.</i>