

The Little Flower Cafe

St Teresa's Catholic Primary School

Week 1



| DAY | RED | GREEN | DESSERT |
|--------------------------------------|--|--|---|
| <i>Monday</i> "Veggie Mondays" | | Tomato and Vegetable Pasta <i>Home made Pasta Bake served with a side of Garlic Bread.</i> | Cookies <i>Baked fresh in the school kitchen.</i> |
| <i>Tuesday</i> "Pizza Party" | Pepperoni Pizza <i>An Italian classic. Pizza with home-made sauce and fresh dough.</i> | Cheese Pizza <i>An Italian classic. Pizza with home-made sauce and fresh dough.</i> | Ice Cream Vanilla ice cream. |
| <i>Wednesday</i> "Mid-Week Roast" | Mid Week Roast <i>Sausage served with gravy, roast potato and mixed vegetables.</i> | Veggie Roast <i>Quorn Sausage served with gravy, roast potato and mixed vegetables.</i> | Jelly of the day <i>Scrumptious jelly made in house.</i> |
| <i>Thursday</i> "Tex-Mex Day" | Beef Chilli Con Carne <i>Beef chilli served with rice.</i> | Vegetarian Chilli Con Carne <i>Veggie chilli served with rice.</i> | Cake of the day <i>Baked fresh in the school kitchen.</i> |
| <i>Friday</i> "Fish on Fridays" | Mediterranean Fish and Vegetable Pasta <i>Home made tomato based sauce</i> | Tomato and Vegetable Pasta <i>Home made tomato based sauce.</i> | Old School Cake <i>Vanilla sponge with icing and sprinkles served with custard.</i> |

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Week 2



| DAY | RED | GREEN | DESSERT |
|---|--|--|---|
| Monday <i>"Veggie Mondays"</i> | | Sweet Potato, Spinach and Chickpea Curry. <i>Home made curry served with rice.</i> | Cookies <i>Baked fresh in the school kitchen.</i> |
| Tuesday <i>"Pizza Party"</i> | Ham and Pineapple Pizza <i>An Italian classic. Pizza with home-made sauce and fresh dough.</i> | Cheese Pizza <i>An Italian classic. Pizza with home-made sauce and fresh dough.</i> | Ice Cream <i>Vanilla ice cream.</i> |
| Wednesday <i>"Mid-Week Roast"</i> | Sausage Mid Week Roast <i>Sausage served with gravy, roast potato and mixed vegetables.</i> | Quorn Roast <i>Quorn sausage served with gravy, roast potato and mixed vegetables.</i> | Jelly of the day <i>Scrumptious jelly made in house.</i> |
| Thursday <i>"Tex-Mex Day"</i> | BBQ Chicken Fajita's <i>BBQ fajita's served with golden vegetable rice.</i> | Quorn BBQ Fajita's <i>BBQ fajita's served with golden vegetable rice.</i> | Brownies <i>Baked fresh in the school kitchen.</i> |
| Friday <i>"Fish on Fridays"</i> | Cod Fishcake and Chips <i>Traditional fish for Friday served with baked beans or peas.</i> | Omelette and Chips. <i>Homemade omelette served with peas or baked beans.</i> | Old School Cake <i>Vanilla sponge with icing and sprinkles served with custard.</i> |

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Week 3



| DAY | RED | GREEN | DESSERT |
|---|--|---|--|
| Monday <i>"Veggie Mondays"</i> | | Vegetable and Bean Pitta Pocket <i>Served with golden vegetable rice.</i> | Cookies <i>Baked fresh in the school kitchen.</i> |
| Tuesday <i>"Pizza Party"</i> | BBQ Chicken Pizza <i>An Italian classic. Pizza with home-made sauce and fresh dough.</i> | Cheese Pizza <i>An Italian classic. Pizza with home-made sauce and fresh dough.</i> | Ice Cream <i>Vanilla ice cream.</i> |
| Wednesday <i>"Mid-Week Roast"</i> | Sausage Roast <i>Sausage served with gravy, roast potato and mixed vegetables.</i> | Veggie Roast <i>A vegetable and cheese slice with gravy, roast potato and mixed vegetables.</i> | Jelly of the day <i>Scrumptious jelly made in house.</i> |
| Thursday <i>"Italian Day"</i> | Chicken and Sweetcorn Pasta <i>Served with garlic bread.</i> | Quorn and Sweetcorn Pasta <i>Served with garlic bread.</i> | Flapjacks <i>Baked fresh in the school kitchen.</i> |
| Friday <i>"Fish on Fridays"</i> | Cod and Chips <i>Served with baked beans or peas.</i> | Vegetables Nuggets and Chips <i>Served with baked beans or peas.</i> | Crumble and Custard <i>Baked fresh in the school kitchen</i> |