

The Little Flower Cafe

St Teresa's Catholic Primary School

Week 1



DAY	RED	GREEN	DESSERT
<p><i>Monday</i></p> <p><i>"Veggie Mondays"</i></p>		<p>Mac and Cheese with Peas and Garlic Bread</p> <p><i>Home made Pasta Bake served with a side of Garlic Bread.</i></p>	<p>Flapjack</p> <p><i>Baked fresh in the school kitchen</i></p>
<p><i>Tuesday</i></p> <p><i>"Pizza Party"</i></p>	<p>Pepperoni Pizza served with Sweetcorn and Pasta</p> <p><i>An Italian classic. Pizza with home-made sauce and fresh dough.</i></p>	<p>Cheese Pizza served with Sweetcorn and Pasta</p> <p><i>An Italian classic. Pizza with home-made sauce and fresh dough.</i></p>	<p>Cookie</p> <p><i>Baked fresh in the school kitchen.</i></p>
<p><i>Wednesday</i></p> <p><i>"Mid-Week Roast"</i></p>	<p>Mid Week Roast</p> <p><i>Pork sausage roast served with gravy, roast potato, peas and carrots.</i></p>	<p>Veggie Roast</p> <p><i>Quorn sausage roast served with gravy, roast potato, peas and carrots.</i></p>	<p>Jelly of the day</p> <p><i>Scrumptious jelly made in house.</i></p>
<p><i>Thursday</i></p> <p><i>"Around the World Day"</i></p>	<p>Meatballs and Pasta served with Mixed Vegetables</p> <p><i>A mix of pork and beef mince meatballs served with pasta.</i></p>	<p>Quorn Meatballs and Pasta served with Mixed Vegetables</p> <p><i>Quorn meatballs served with pasta.</i></p>	<p>Muffin of the day</p> <p><i>Baked fresh in the school kitchen.</i></p>
<p><i>Friday</i></p> <p><i>"Fish on Fridays"</i></p>	<p>Fish Fingers, chips and beans</p> <p><i>Traditional fish for Friday.</i></p>	<p>Vegetable Nuggets, chips and beans</p> <p><i>Vegetable nuggets with chips and beans.</i></p>	<p>Ice Cream</p> <p><i>Assorted flavours</i></p>

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Week 2



DAY	RED	GREEN	DESSERT
<i>Monday</i> "Veggie Mondays"		Vegetable Nuggets and Wedges <i>Served with mixed vegetables</i>	Ice Cream <i>Assorted flavours</i>
<i>Tuesday</i> "Pizza Party"	BBQ Chicken Pizza served with Garlic Bread and Sweetcorn <i>An Italian classic. Pizza with home-made sauce and fresh dough.</i>	Cheese Pizza served with Garlic Bread and Sweetcorn <i>An Italian classic. Pizza with home-made sauce and fresh dough.</i>	Cookie <i>Baked fresh in the school kitchen.</i>
<i>Wednesday</i> "Mid-Week Roast"	Sausage Mid Week Roast <i>Pork Toad in The Hole served with gravy, peas and carrots.</i>	Quorn Roast <i>Quorn Toad In The Hole served with gravy, peas and carrots.</i>	Jelly of the day <i>Scrumptious jelly made in house.</i>
<i>Thursday</i> "Around the World Day"	Chicken Korma served with Rice <i>Traditional curry with a side of peas.</i>	Quorn Korma served with Rice <i>Traditional curry with a side of peas.</i>	Apple Crumble and Custard <i>Baked fresh in the school kitchen.</i>
<i>Friday</i> "Fish on Fridays"	Fish Fingers, chips and beans <i>Traditional fish for Friday.</i>	Vegetable Fingers, chips and beans. <i>Vegetable fingers served with chips and beans.</i>	Cake of the day <i>Baked fresh in the school kitchen.</i>

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Week 3



DAY	RED	GREEN	DESSERT
<p><i>Monday</i></p> <p><i>"Veggie Mondays"</i></p>		<p>Vegetable Curry</p> <p><i>Home made vegetable curry served with a side of Pitta Bread.</i></p>	<p>Cookie</p> <p><i>Baked fresh in the school kitchen</i></p>
<p><i>Tuesday</i></p> <p><i>"Pizza Party"</i></p>	<p>Ham Pizza served with Wedges and Sweetcorn</p> <p><i>An Italian classic. Pizza with home-made sauce and fresh dough.</i></p>	<p>Cheese Pizza served with wedges and sweetcorn</p> <p><i>An Italian classic. Pizza with home-made sauce and fresh dough.</i></p>	<p>Ice Cream</p> <p><i>Assorted Flavours.</i></p>
<p><i>Wednesday</i></p> <p><i>"Mid-Week Roast"</i></p>	<p>Sausage Roast</p> <p><i>Pork sausage roast served with gravy, roast potato, peas and carrots.</i></p>	<p>Veggie Roast</p> <p><i>Quorn sausage served with gravy, roast potato, peas and carrots.</i></p>	<p>Jelly of the day</p> <p><i>Scrumptious jelly made in house.</i></p>
<p><i>Thursday</i></p> <p><i>"Around the World Day"</i></p>	<p>Spaghetti Bolognese</p> <p><i>An all Italian Classic served with a side of mixed vegetables.</i></p>	<p>Quorn Bolognese</p> <p><i>An all Italian Classic served with a side of mixed vegetables.</i></p>	<p>Brownie</p> <p><i>Baked fresh in the school kitchen.</i></p>
<p><i>Friday</i></p> <p><i>"Fish on Fridays"</i></p>	<p>Fish Fingers, Chips and Beans</p> <p><i>Traditional fish for Friday.</i></p>	<p>Cheese Slice, Chips and Beans</p> <p><i>Vegetarian Cheese Slice</i></p>	<p>Muffin</p> <p><i>Baked fresh in the school kitchen</i></p>