



THE RETREAT

@ ST. JOSEPH'S

# Menu - Week 1

<b>Monday</b>	Spaghetti bolognaise (either veg or meat) served with garlic bread, salad (optional)	Chicken wrapped in bacon served with seasonal vegetables creamed potatoes and gravy (optional)
<b>Tuesday</b>	Roast of the day served with seasonal vegetables and gravy	Chicken or Vegetable curry served on a bed of rice with naan bread.
<b>Wednesday</b>	Cottage pie served with seasonal vegetables and gravy	Pasta cooked in a tomato and basil sauce, served with garlic bread, side salad (optional)
<b>Thursday</b>	Toad in the hole served with seasonal vegetables and gravy	Macaroni cheese served with a crusty roll or cheese whips
<b>Friday</b>	Fillet of fish with potato chips served with peas or beans	Homemade steak pie served with potato chips or mashed potato and peas, gravy

Grab and Go a variety daily - pazzini, hot wraps, pastry products, burgers, pizza - items vary daily	Soup station and jacket potatoes. Try our homemade soup with a crusty roll or a healthy jacket potato with a variety of hot and cold toppings.	Choice of juice cartons, bottled water. healthy snacks, cakes and cookies available (Fresh cold water bottle refill point also available).	Deli bar - cold pasta pots, sandwiches, toasties, baguettes, panini's, wraps, salad pots.
--	--	--	---

**'Look out for our themed days'**

**PLEASE ASK A MEMBER OF STAFF FOR FOOD ALLERGY INFORMATION**



# ST JOSEPH'S

CATHOLIC HIGH SCHOOL

LIVING • LOVING • LEARNING



THE RETREAT

@ ST. JOSEPH'S

# Menu - Week 2

<b>Monday</b>	Pork chop served with seasonal vegetables creamed potato and gravy.	Tomato & basil sauce served on a bed of pasta with either garlic bread or side salad.
<b>Tuesday</b>	Roast of the day served with seasonal vegetables creamed and roast potato and gravy.	Sweet and Sour chicken or Tempura Vegetables served on a bed of rice.
<b>Wednesday</b>	Savoury mince served with potatoes and seasonal vegetables with gravy.	Chicken carbonara or mushroom (vegetarian alternative) served with garlic bread.
<b>Thursday</b>	Cumberland sausage served with creamed potatoes and vegetables, with gravy.	Beef lasagne OR vegetable lasagne served with garlic bread &/OR side salad.
<b>Friday</b>	Fish fingers or fillet of fish served with potato chips, peas or beans.	Chicken Balti curry served with rice/chips or both. Cheese flan, with baked beans.

Grab and Go a variety daily - pazzini, hot wraps, pastry products, burgers, pizza - items vary daily	Soup station and jacket potatoes. Try our homemade soup with a crusty roll or a healthy jacket potato with a variety of hot and cold toppings.	Choice of juice cartons, bottled water. healthy snacks, cakes and cookies available (Fresh cold water bottle refill point also available).	Deli bar - cold pasta pots, sandwiches, toasties, baguettes, panini's, wraps, salad pots.
--	--	--	---

**'Look out for our themed days'**

**PLEASE ASK A MEMBER OF STAFF FOR FOOD ALLERGY INFORMATION**



**ST JOSEPH'S**  
**CATHOLIC HIGH SCHOOL**  
 LIVING • LOVING • LEARNING

# Menu - Week 3

<b>Monday</b>	Giant Yorkshire pudding served with mince, creamed potato vegetables and gravy	Meatballs served in a tomato sauce with spaghetti pasta and garlic bread.
<b>Tuesday</b>	Roast of the day served with seasonal vegetables roast potato, creamed potato and gravy.	Crispy beef served on a bed of rice with a sweet chilli sauce.
<b>Wednesday</b>	Home-made creamy chicken pie or cheese pie served with vegetables creamed potatoes and gravy.	Pasta served with a tomato and basil sauce accompanied with garlic bread or side salad.
<b>Thursday</b>	Chicken tikka curry or veggie curry, served on a bed of rice with naan bread	Bacon chops served with vegetables or beans and potatoes.
<b>Friday</b>	Fish cakes or fillet of fish served with chips, mushy peas or baked beans	Roast gammon with pineapple (optional), creamed potatoes or potato chips, peas or beans.

Grab and Go a variety daily - pazzini, hot wraps, pastry products, burgers, pizza - items vary daily	Soup station and jacket potatoes. Try our homemade soup with a crusty roll or a healthy jacket potato with a variety of hot and cold toppings.	Choice of juice cartons, bottled water. healthy snacks, cakes and cookies available (Fresh cold water bottle refill point also available).	Deli bar - cold pasta pots, sandwiches, toasties, baguettes, panini's, wraps, salad pots.
--	--	--	---

**'Look out for our themed days'**

**PLEASE ASK A MEMBER OF STAFF FOR FOOD ALLERGY INFORMATION**

