

THE PALMER CATHOLIC ACADEMY – MENU WEEK 1

ALLERGIES

Please speak to a member of the team regarding allergens in our dishes

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Best of British Sausages, Mashed Potatoes, Peas & Onion Gravy	Cheesy Topped Pasta Bolognese Bake, Garlic Bread & Mixed Salad	Chicken & Mushroom Pasta, Skin on Wedges, Sweetcorn & Mixed Salad	Roast Turkey, Yorkshire Pudding, Roast Potatoes, Broccoli & Carrots, Gravy	Breaded Fish, Chipped Potatoes, Garden Peas or baked Beans & Coleslaw
Vegetarian	Best of British Vegetarian Sausages, Mashed Potatoes, Peas & Onion Gravy	Macaroni Cheese, Garlic Bread & Mixed Salad	Homemade Cheese & Onion Pie, Skin on Wedges, Sweetcorn & Mixed Salad	Country Vegetable Flan, Yorkshire Pudding, Roast Potatoes, Broccoli & Carrots, Gravy	Vegan Dippers, Chipped Potatoes, Garden Peas or baked Beans & Coleslaw
Something to Hold	Cheese & Tomato Panini	Southern Style Chicken Wrap	Baked Cheese & Onion Slice	Tuna Melt Panini	Chicago Town Margarita Pizza
It's in a Bowl	BBQ Chicken Wings & Savoury Rice	Bolognese Topped Nacho's	Teriyaki Noodles	Jerk Chicken Thighs with Savoury Rice	Cheese & Tomato Pasta
Dessert	Chocolate Beetroot Brownie or Fresh Fruit Pot or Yoghurt	Banoffee Cake or Fresh Fruit Pot or Yoghurt	Lemon Biscuit or Fresh Fruit Pot or Yoghurt	Vanilla Sponge & Custard or Fresh Fruit Pot or Yoghurt	Fruit Flapjack or Fresh Fruit Pot or Yoghurt

Jacket Potato Station

Available daily with a choice of fillings including: cheese, tuna, salmon and baked Beans

Join us at the Salad Cart

Fresh salad available daily

Baguette & Wrap Bar

Filled baguettes and wraps available daily with a choice of fillings including: cheese, tuna and ham.

It's In a Bowl

Pasta, Rice or Noodles served with varying toppings to go!



THE PALMER CATHOLIC ACADEMY – MENU WEEK 2

ALLERGIES

Please speak to a member of the team regarding allergens in our dishes

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Burger in a Bun, Criss Cross Wedges, Crispy Onions & Salad	Spaghetti Bolognese & Mixed Salad	Peperoni Pizza, Skin on Wedges, Sweetcorn & Mixed Salad	Roast Chicken, Yorkshire Pudding, Roast Potatoes, Broccoli & Carrots, Gravy	Battered Fish, Chipped Potatoes, Garden Peas or baked Beans & Coleslaw
Vegetarian	Southern Style Quorn Burger, Criss Cross Wedges, Crispy Onions & Salad	Chunky Vegetable Curry & Savoury Rice	Vegetarian Enchiladas, Skin on Wedges, Sweetcorn & Mixed Salad	Roasted Vegetable Parcel, Yorkshire Pudding, Roast Potatoes, Broccoli & Carrots, Gravy	Cheese & Onion Flan, Chipped Potatoes, Garden Peas or baked Beans & Coleslaw
Something to Hold	Cheese & Tomato Panini	Chicken Burger	Peperoni Pizza	Hot Filled Baguette	Cheese & Onion Panini
It's in a Bowl	Thai Noodles	Chunky Vegetable Curry & Rice	Sweet Chilli Noodles	Herby Tomato Gnocchi	Loaded Wedges
Dessert	Belgian Waffle & Fruit Sauce or Fresh Fruit Pot or Yoghurt	Zesty Orange Ice Topped Sponge or Fresh Fruit Pot or Yoghurt	Apple & Berry Crumble with Custard or Fresh Fruit Pot or Yoghurt	Vanilla Shortbread Cookie or Fresh Fruit Pot or Yoghurt	Flapjack or Fresh Fruit Pot or Yoghurt

Jacket Potato Station

Available daily with a choice of fillings including: cheese, tuna, salmon and baked Beans

Join us at the Salad Cart

Fresh salad available daily

Baguette & Wrap Bar

Filled baguettes and wraps available daily with a choice of fillings including: cheese, tuna and ham.

It's In a Bowl

Pasta, Rice or Noodles served with varying toppings to go!



THE PALMER CATHOLIC ACADEMY – MENU WEEK 3

ALLERGIES

Please speak to a member of the team regarding allergens in our dishes

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Sweet Chilli Chicken, Noodles & Sweetcorn	Beef Lasagne, Garlic Bread & Mixed Salad	Chicken Katsu Curry, Savoury Rice, Mini Naan & Mango Chutney	Roast Chicken, Yorkshire Pudding, Roast Potatoes, Broccoli & Carrots, Gravy	Jumbo Fish Fingers Fish, Chipped Potatoes, Garden Peas or Baked Beans & Coleslaw
Vegetarian	Vegetarian Sweet Chilli Noodles & Sweetcorn	Sweet Potato & Lentil Lasagne, Garlic Bread & Mixed Salad	Butternut Squash Curry, Savoury, Mini Naan & Mango Chutney	Vegetarian Sausages, Yorkshire Pudding, Roast Potatoes, Broccoli & Carrots, Gravy	Cheese & Tomato Frittata, Chipped Potatoes, Garden Peas or Baked Beans & Coleslaw
Something to Hold	Tuna Melt Panini	Hot Filled Baguette	Peperoni Pizza	Hot Chicken Wrap	Jumbo Fish Finger Bap
It's in a Bowl	Sweet Chilli Noodles	Tomato Pasta Pot	Chicken Katsu Curry, Savoury Rice	Spicy Chicken & Noodles	Savoury Vegetable Rice
Dessert	American Style Pancakes or Fresh Fruit Pot or Yoghurt	Frosted Carrot Cake Fresh Fruit Pot or Yoghurt	Apple & Pear Sponge & Custard or Fresh Fruit Pot or Yoghurt	Fruit Cookie or Fresh Fruit Pot or Yoghurt	Flapjack or Fresh Fruit Pot or Yoghurt

Jacket Potato Station

Available daily with a choice of fillings including: cheese, tuna, salmon and baked Beans

Join us at the Salad Cart

Fresh salad available daily

Baguette & Wrap Bar

Filled baguettes and wraps available daily with a choice of fillings including: cheese, tuna and ham.

It's In a Bowl

Pasta, Rice or Noodles served with varying toppings to go!

