

SUMMER

Week **01**

# Lunch MENU

School

BEECHWOOD SACRED HEART



**Soup** – Of the day  
**Main** – Mild Madras Chicken curry or Chicken in tomato sauce  
**Meat Free** – Mild creamy spinach and potato curry  
**Sides** – Plain boiled rice, cauliflower, Mango chutney, sliced onion and coconut flakes  
**Liter Bite** – Oven baked Jacket potato with grated mature cheddar  
**Dessert** – Castle cake and custard



**Soup** – Of the day  
**Main** – Shepherds Pie  
**Meat Free** – Vegetable and goats cheese bake  
**Sides** – Buttered green beans  
**Liter Bite** – Sweet chilli penne pasta salad or Jacket potato with mixed salad  
**Dessert** – Strawberry, Chocolate or Vanilla Ice cream with hand cut fresh fruit



**Soup** – Of the day  
**Main** – Roasted Gammon  
**Meat Free** – Sweet bell pepper filled with pan fried courgette and cous cous  
**Sides** – Roasted potatoes, braised red cabbage, carrots and gravy  
**Liter Bite** – Chicken Caesar salad with garlic and herb croutons  
**Dessert** – Fresh fruit jelly



**Soup** – Of the day  
**Main** – Oven baked Beef lasagne  
**Meat Free** – Roasted Mediterranean vegetable lasagne  
**Sides** – Buttered Broccoli florets  
**Liter Bite** – Baked potato with Tuna and sweetcorn mayonnaise  
**Dessert** – Black cherry topped flapjack



**Soup** – Of the day  
**Main** – Battered Cod fillet or breaded Pollack fingers  
**Meat Free** – Cauliflower cheese  
**Sides** – Chunky chips, garden peas, baked beans  
**Liter Bite** – Steamed Hoki fillet in a tomato sauce  
**Dessert** – Chocolate and raspberry brownie



**Main** – Pan fried salmon with leek and cream sauce  
**Meat free** – Vegetable burger  
**Sides** – Parmentier rosemary potatoes and sugar snaps  
**Liter bite** – Ratatouille  
**Dessert** – Home baked iced cup cakes



**Main** – Chicken and broccoli crumble with stilton topping  
**Meat free** – Goats cheese topped field mushrooms  
**Sides** – Cajun seasoned potato wedges  
**Liter bite** – Cheese and bacon stuffed jackets  
**Dessert** – Mixed berry mess



We are award winners!

SUMMER

Week **02**

# Lunch MENU

School

BEECHWOOD SACRED HEART



**MONDAY**

**Soup** – Of the day

**Main** – Tomato, pepper and Chorizo pasta

**Meat Free** – Macaroni cheese

**Sides** – Garlic bread and Sweetcorn

**Liter Bite** – Baked potato topped with baked beans

**Dessert** – Sticky toffee pudding with butterscotch sauce

**Tuesday**

**Soup** – Of the day

**Main** – Rich beef and vegetable stew

**Meat Free** – Root vegetables in a rich tomato gravy

**Sides** – Buttered new potatoes and carrots

**Liter Bite** –Cumberland pork Sausage rolls

**Dessert** – Creamy rice pudding topped with strawberry compote



**Wednesday**

**Soup** – Of the day

**Main** – Cumberland Pork sausages

**Meat Free** –Quorn sausages

**Sides** – Mashed potatoes, cauliflower and gravy

**Liter Bite** – Ratatouille

**Dessert** – Apple and blackberry crumble with custard

**THURSDAY**

**Th**

**Soup** – Of the day

**Main** – Cajun spiced Chicken

**Meat Free** – Mixed bean chilli

**Sides** – Fluffy rice and green beans

**Liter Bite** – Jacket potato with a selection of toppings

**Dessert** – Carrot cake with cream cheese icing

**Friday**



**SATURDAY**

**Main** – Beef burger with fried onions

**Meat free** – Vegetable burger

**Sides** – potato salad and floured bap

**Liter bite** – Cheese and biscuits selection

**Dessert** – Traditional trifle



**Sunday**

**Main** – Gammon steak

**Meat free** – Cheese and onion quiche

**Sides** – Herby diced potato and pineapple slices

**Liter bite** – spinach and ricotta pancakes

**Dessert** – Apple and rhubarb crumble with cream



**Everyday**

**Soup** – Of the day

**Main** – Battered cod or fish fingers with homemade chunky tartar sauce

**Meat Free** – Cheese leek and potato pie

**Sides** – Chunky chips and peas with thyme butter

**Liter Bite** – Red onion and sunflower seed tart

**Dessert** – Assorted fresh fruit mousse



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SUMMER

Week **03**

# Lunch MENU

School

BEECHWOOD SACRED HEART



**MONDAY**

- Soup** – Of the day
- Main** – Turkey meatballs in a rich tomato sauce
- Meat Free** – Swedish style Quorn balls in a rich tomato sauce
- Sides** – Spaghetti, sweetcorn and garlic and herb bread slices
- Liter Bite** – Baked potato with tuna mayonnaise and grated cheddar
- Dessert** – Cherry flapjack

**Tuesday**

- Soup** – Of the day
- Main** – Spicy beef chilli
- Meat Free** – Vegetable, sweet pepper and tofu chilli
- Sides** – Fluffy rice, tortilla chips and soured cream
- Liter Bite** – Oven baked Piri Piri vegetable kebabs
- Dessert** – Banana sponge with toffee sauce



**Wednesday**

- Soup** – Of the day
- Main** – BBQ chicken thighs and Cumberland sausages
- Meat Free** – Spicy bean burger and Quorn sausages
- Sides** – Roasted potatoes and steamed broccoli
- Liter Bite** – Jacket potato with salad and a selection of toppings
- Dessert** – Strawberry jelly

**THURSDAY**

**Th**

- Soup** – Of the day
- Main** – Deep pan pepperoni pizza
- Meat Free** – Fresh tomato and pepper pizza
- Sides** – Steamed new potatoes and Mediterranean vegetables
- Liter Bite** – Cheese and onion quiche
- Dessert** – Fresh fruit salad



**Friday**

- Soup** – Of the day
- Main** – Battered Pollock fillet or cod fish fingers
- Meat Free** – Leek, potato and cheese pie
- Sides** – Chunky chips, minted peas and baked beans
- Liter Bite** – Hoki fillet with lemon butter and parsley
- Dessert** – Ginger cake



**SATURDAY**

- Main** – Chicken skewers with Piri Piri sauce
- Meat free** – Field mushroom topped with roasted vegetables
- Sides** – Braised coriander rice, steamed pak choi and stir fried vegetable
- Liter bite** – Cold meats and salad
- Dessert** – Chocolate chip bread and butter pudding



**Sunday**

- Main** – Roast chicken breast wrapped in smoked bacon
- Meat free** – Moroccan vegetable stew
- Sides** – Roasted new potatoes, roast parsnips with oregano and creamed leeks
- Liter bite** – Chilli beef puff pastry slices
- Dessert** – Mixed ice creams



**Everyday**



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SUMMER

Week **04**

# Lunch MENU

School

BEECHWOOD SACRED HEART



**Soup** – Of the day  
**Main** Lamb hotpot  
**Meat Free** – Root vegetable hotpot  
**Sides** – New potatoes with buttered carrots  
**Liter Bite** – Jacket potato with baked beans and cheese  
**Dessert** – Steamed chocolate sponge with chocolate and orange sauce



**Soup** – Of the day  
**Main** – Beef bolognaise  
**Meat Free** – Vegetable and Quorn bolognaise  
**Sides** – Spaghetti, garlic and herb bread and grated parmesan cheese  
**Liter Bite** – Sausage roll with mixed salad  
**Dessert** – Carrot cake with cream cheese icing



**Soup** – Of the day  
**Main** – Roast Pork  
**Meat Free** – Mixed bean and stilton tart  
**Sides** – Crispy roast potatoes, broccoli, cauliflower, gravy and apple sauce  
**Liter Bite** – Bacon and sweet chilli pasta  
**Dessert** – Fruit topped rice pudding



**Soup** – Of the day  
**Main** – Chicken ham and leek pie  
**Meat Free** – Ratatouille  
**Sides** – Sugar snap peas and boiled new potatoes  
**Liter Bite** – Cheese and English mustard scones  
**Dessert** – Tropical fruit salad



**Soup** – Of the day  
**Main** – Pollock fillet in a light batter or the fish fillet of the day in a chunky tomato sauce  
**Meat Free** – Vegetable and sunflower seed tart  
**Sides** – Chunky chips and baked beans or peas  
**Liter Bite** – Cod fish fingers with homemade bread  
**Dessert** – Lemon sponge



**Main** – Sausage and bacon casserole  
**Meat free** – Vegetable stew  
**Sides** – Steamed new potatoes and broccoli  
**Liter bite** – Selection of cheese and biscuits  
**Dessert** – Strawberry shortbread



**Main** – Beef and onion pie  
**Meat free** – Cous cous stuffed aubergine  
**Sides** – Herby diced potato and green beans  
**Liter bite** – Stuffed jacket potato skins  
**Dessert** – Bread and butter pudding



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