

SUMMER

Week **01**

Supper MENU

School

BEECHWOOD SACRED HEART



MONDAY

Main – Hoki fillet in a cheese sauce

Meat free- Cheese and vegetable burger

Sides –Herby diced potato and garlic mushrooms

Dessert – Banoffee pie



Tuesday

Main – Hot dog with fried onions

Meat free- Quorn sausage in a roll with fried onions

Sides – Potato salad and coleslaw

Dessert – Fresh fruit and yoghurt



Wednesday

Main – Chicken breast wrapped in bacon with BBQ sauce

Meat free- Courgette risotto

Sides – Cheese and onion filled jacket skins

Dessert – Vanilla cheesecake



THURSDAY

Main – Sweet and sour pork

Meat free – Sweet and sour tofu with peppers

Sides – Egg noodles and bean shoots

Dessert – Fresh fruit and yoghurt



Friday

Main – Chicken kiev

Meat free- Stuffed aubergine

Sides – Steamed new potatoes and sweetcorn

Dessert – Chocolate and raspberry brownie



SATURDAY

Main – Gammon steak

Meat Free – Creamy mushroom stroganoff

Sides – Rosemary potatoes and buttered French beans

Dessert – Tropical fruit yoghurt



Sunday

Main – Beef lasagne

Meat free – Broccoli and cheese pasta bake

Sides – Garlic bread and salad

Dessert – Fresh fruit platter



Everyday

A selection of baked sweet potatoes and King Edward potatoes with a selection of fillings



We are award winners!

SUMMER

Week **02**

Supper MENU

School

BEECHWOOD SACRED HEART



MONDAY

Main – Chicken enchiladas

Meat free- Sweet pepper and onion enchiladas

Sides – Soured cream and mixed salad

Dessert – Eton mess



Tuesday

Main – Lamb curry

Meat free- Mixed bean curry

Sides – Fluffy yellow rice and green beans

Dessert – Homemade fruit yoghurt



Wednesday

Main – Pepperoni pizza

Meat free- Pineapple and sweetcorn pizza

Sides – Cajun potato wedges and coleslaw

Dessert – Chocolate and orange mousse



THURSDAY

Main – Turkey meatballs in tomato sauce

Meat free – Quorn balls in tomato sauce

Sides – Spaghetti and broccoli

Dessert – Selection of fruit and yoghurt



Friday

Main – Beef stroganoff

Meat free- Spiced vegetable tagine

Sides – Steamed rice with mixed vegetables

Dessert – Lemon tart



SATURDAY

Main – Cumberland sausages

Meat Free – Quorn sausages

Sides – Mashed potato, garden peas and gravy

Dessert – Mixed berry yoghurt pots



Sunday

Main – Chicken stir fry

Meat free – Vegetable stir fry

Sides – Egg noodles and braised pak choi

Dessert – Fresh fruit salad



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SUMMER

Week **03**

Supper MENU

School

BEECHWOOD SACRED HEART



MONDAY

Main – Lamb stew

Meat free- Vegetable stew

Sides – New potatoes and buttered carrots

Dessert – Bread pudding with custard



Tuesday

Main – Chicken wings

Meat free- Vegetable samosas

Sides – Sweet chilli noodles and stir fried vegetables

Dessert – Fruit and yoghurts



Wednesday

Main – Beef burger in a floured bun

Meat free- Flat mushroom and blue cheese in a floured bun

Sides – Spiced potato wedges

Dessert – Millionaires shortbread



THURSDAY

Main –Grilled Pork loin steak

Meat free – Grilled vegetables and halloumi stack

Sides – Sautéed potatoes, courgette and gravy

Dessert – Platter of fresh cut fruits



Friday

Main – Pan fried chicken breast

Meat free- Tomato and basil risotto

Sides – Jacket potato and sugar snap

Dessert – Summer berry meringue with whipped cream



SATURDAY

Main – Beef in hoi sin sauce

Meat Free – Chargrilled aubergine and lentil moussaka

Sides – Lemon rice, stir fry vegetables

Dessert – Fresh fruit platter



Sunday

Main – Minted Lamb cutlets

Meat free – Macaroni cheese with fresh tomato

Sides – Lyonnaise potatoes, broccoli and rich lamb gravy

Dessert – Fruit yoghurt and fresh fruit



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Week **04**

Supper MENU

School

BEECHWOOD SACRED HEART



MONDAY

Main – Fish pie

Meat free- Butternut squash and carrot bake

Sides – Steamed new potatoes and minted peas

Dessert – Key lime pie



Tuesday

Main – Stir fried chicken

Meat free- Stir fried Quorn pieces

Sides – Egg noodles and vegetable stir fry

Dessert – Yoghurts with fresh fruit



Wednesday

Main –Beef curry

Meat free- Spinach, potato and chickpea curry

Sides – Fluffy steamed rice and sweetcorn

Dessert – Chocolate chip muffins



THURSDAY

Main – Macaroni cheese with smoked bacon

Meat free – tomato and basil pasta

Sides – Broccoli

Dessert – Granola topped yoghurt pots



Friday

Main – Gammon steak

Meat free- Spicy bean burger

Sides – Stuffed jacket potato and mixed vegetables

Dessert – Victoria sponge



SATURDAY

Main – BBQ chicken thighs

Meat Free – Roasted vegetable stack with BBQ sauce

Sides – **Potato wedges and mixed salad**

Dessert – Yoghurt pots



Sunday

Main – Hoki fillet with a fresh tomato salsa

Meat free – Spinach and cream cheese pancake roll

Sides – Fried rice

Dessert –Fresh fruit platter



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