

WINTER

01

BEECHWOOD SACRED HEART



Main – Hoki fillet in a cheese sauce

Meat free- Cheese and vegetable burger

Sides –Herby diced potato and garlic mushrooms

Dessert – Banoffee pie



Main – Bacon wrapped Chicken breast with a cream sauce

Meat free- Courgette risotto

Sides – Rice and roasted vegetables

Dessert – Fresh fruit and yoghurt



Main – Cumberland sausage ring with fried onions

Meat free- Quorn sausage with fried onions

Sides – Potato salad and coleslaw

Dessert – Vanilla cheesecake



Main – BBQ Pork

Meat free – BBQ tofu with peppers

Sides – Egg noodles and vegetable stir fry

Dessert – Fresh fruit and yoghurt



Main – Meatloaf

Meat free- Stuffed aubergine

Sides – Steamed new potatoes and sweetcorn

Dessert – Chocolate and raspberry brownie



SATURDAY

Main – Lamb Hotpot

Meat Free – Ratatouille

Sides – Rosemary potatoes and buttered French beans

Dessert – Tropical fruit yoghurt



Sunday

Main – Cottage pie

Meat free – Broccoli and cheese pasta bake

Sides – Roasted vegetables

Dessert – Fresh fruit platter



Everyday

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



We are award winners!

WINTER

02

BEECHWOOD SACRED HEART



Main – Chicken enchiladas

Meat free- Sweet pepper and onion enchiladas

Sides – Soured cream and mixed salad

Dessert – Fruit topped Pavlova



Main – Pepperoni Pizza

Meat free- Fresh tomato and sweet pepper pizza

Sides – Cajun potato wedges and salad

Dessert – Homemade fruit yoghurt



Main – Lamb Curry

Meat free- Mixed bean and vegetable curry

Sides – Boiled rice and Peas

Dessert – Chocolate Fridge cake



Main – Turkey meatballs in tomato sauce

Meat free – Quorn balls in tomato sauce

Sides – Spaghetti and broccoli

Dessert – Selection of fruit and yoghurt



Main – Pork casserole

Meat free- Root vegetable casserole

Sides – Mashed potato and roasted carrot

Dessert – Lemon tart



SATURDAY

Main – Chicken Stir fry

Meat Free – Vegetable Stir fry

Sides – Egg noodles and Pak choi

Dessert – Mixed berry yoghurt pots



Sunday

Main – Beef Stroganoff

Meat free – Spiced vegetable tagine

Sides – Yellow rice and mixed vegetables

Dessert – Fresh fruit salad



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Main – Lamb stew

Meat free- Vegetable stew

Sides – New potatoes and buttered carrots

Dessert – Bread pudding with custard



Main – Chicken wings

Meat free- Vegetable samosas

Sides – Sweet chilli noodles and stir fried vegetables

Dessert – Fruit and yoghurts



Main – Beef burger in a floured bun

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

Sides – Sweet potato wedges

Dessert – Millionaires shortbread



Main –Pork in BBQ sauce

Meat free – Grilled vegetables and hallmoui stack

Sides – Sauted potatoes, courgette and gravy

Dessert – Platter of fresh cut fruits



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 – Lamb Moussaka

Meat Free – Aubergine and lentil Moussaka

Sides – Tortilla chips and mixed salad

Dessert – Fresh fruit platter



Sunday

Main – Beef in Hoi Sin sauce

Meat free – Stuffed pepper

Sides – Lemon rice and broccoli

Dessert – Fruit yoghurt and fresh fruit



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WINTER

04

BEECHWOOD SACRED HEART



- Main** – Fish cake with tomato sauce
- Meat free**- Vegetable burger
- Sides** – Steamed new potatoes and minted peas
- Dessert** – Key lime pie



- Main** – Stir fried Beef
- Meat free**- Stir fried quorn pieces
- Sides** – Egg noodles and vegetable stir fry
- Dessert** – Yoghurts with fresh fruit



- Main** –Chicken curry
- Meat free**- Spinach, potato and chickpea curry
- Sides** – Fluffy steamed rice and sweetcorn
- Dessert** – Chocolate chip muffins



- Main** – Macaroni cheese with smoked bacon
- Meat free** – tomato and basil pasta
- Sides** – Broccoli
- Dessert** – Granola topped yoghurt pots



- Main** – Lamb Kofta Kebabs
- Meat free**- Spicy bean burger
- Sides** – Stuffed jacket potato and mixed vegetables
- Dessert** – Victoria sponge



SATURDAY

- Main** – BBQ Pork and butter beans
- Meat Free** – Roasted vegetable stack with BBQ sauce
- Sides** – **Potato wedges and mixed salad**
- Dessert** – Yoghurt pots



Sunday

- Main** – Pork stir fry
- Meat free** – Vegetable stir fry
- Sides** – Fried rice
- Dessert** –Fresh fruit platter



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