



# THE NOURiSH AND FLOURiSH KiTCHEN

## SPRING MENU • WEEK ONE

Weeks Commencing: 5/1, 26/1, 16/2, 9/3, 30/3



St Katharine's  
CHURCH OF ENGLAND  
PRIMARY SCHOOL

### MONDAY

Macaroni Cheese  
with Tomato and  
Herb Focaccia  
and Sweetcorn

### TUESDAY

Brunch:  
Devon Sausage,  
Bacon, Hash Brown  
and Beans

### WEDNESDAY

Roast Chicken  
with Gravy, Roast  
Potatoes and  
Seasonal Vegetable

### THURSDAY

Pepperoni Pizza  
with Potato Balls  
and Salad Sticks

### FRiDAY

Fish Fingers or  
Salmon Fingers  
with Chips  
and Peas

Pick a  
**MAIN**

Pick a  
**MEAT-FREE  
MAIN**

Pick a  
**JACKET  
POTATO**

Pick a  
**DESSERT**

Cheese and Bean  
Pasty with Potato  
Wedges and  
Sweetcorn

Jacket Potatoes  
served daily with a  
selection of fillings

Custard Cookie

Vegetarian Brunch:  
Vegetarian Sausage,  
Hash Brown, Beans  
and Tomato

Jacket Potatoes  
served daily with a  
selection of fillings

Fresh Fruit Salad

Vegan Root Vegetable  
Wellington with Roast  
Potatoes and  
Seasonal Vegetables

Jacket Potatoes  
served daily with a  
selection of fillings

Apple Sponge

Vegetable and  
Butterbean Chilli with  
White and Wholegrain  
Rice and Salad Sticks

Jacket Potatoes  
served daily with a  
selection of fillings

Fruit Jelly

Cajun Butternut  
Squash and Bean  
Burger with Chips  
and Peas

Jacket Potatoes  
served daily with a  
selection of fillings

Chocolate and  
Raspberry Brownie



**Educatering**  
The School Food Revolution

We are pleased to offer a variety of allergen free options on our food menu. Although all food is prepared in a kitchen that handles most allergens and therefore we cannot guarantee that cross contamination will never occur, we do take every possible precaution to prevent this from happening.

**FRESH FRUiT  
AND SALAD  
AVAILABLe DAILY**



# THE NOURiSH AND FLOURiSH KiTCHEN

SPRING MENU • WEEK TWO

Weeks Commencing: 12/1, 2/2, 23/2, 16/3



St Katharine's  
CHURCH OF ENGLAND  
PRIMARY SCHOOL

## MONDAY

Mozzarella and  
Tomato Pinwheel with  
Garlic and Herb Diced  
Potatoes and Peas

## TUESDAY

Beef and Pork  
Bolognese Pasta  
with Sweetcorn

## WEDNESDAY

Chicken and  
Sweetcorn Pie with  
Roast Potatoes and  
Seasonal Vegetables

## THURSDAY

Sweet and Sour  
Chicken with  
Vegetable Rice

## FRiDAY

Devon Pork  
Sausage Hot Dog  
with Chips and  
Baked Beans

Pick a  
**MAIN**

Pick a  
**MEAT-FREE  
MAIN**

Pick a  
**JACKET  
POTATO**

Pick a  
**DESSERT**

Jacket Potatoes  
served daily with a  
selection of fillings

Iced Lemon  
Shortbread

Vegetable and  
Chickpea Curry with  
White and Wholegrain  
Rice and Peas

Spinach and Potato  
Omelette with Garlic  
and Herb Diced  
Potatoes and Sweetcorn

Jacket Potatoes  
served daily with a  
selection of fillings

Jelly and Fruit

Vegetable and Lentil  
Pie with Roast  
Potatoes and  
Seasonal Vegetables

Jacket Potatoes  
served daily with a  
selection of fillings

Orange Drizzle  
Cake

Margherita Pizza  
with Potato Wedges  
and Salad Sticks

Jacket Potatoes  
served daily with a  
selection of fillings

Melon and  
Orange Wedges

Vegetarian Sausage  
Hot Dog with  
Chips and  
Baked Beans

Jacket Potatoes  
served daily with a  
selection of fillings

Pink Raspberry  
Flapjack



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AND SALAD  
AVAILABLe DAILY**

# THE NOURiSH AND FLOURiSH KiTCHEN

SPRING MENU • WEEK THREE

Weeks Commencing: 19/1, 9/2, 2/3, 23/3



St Katharine's  
CHURCH OF ENGLAND  
PRIMARY SCHOOL

## MONDAY

Mozzarella and Tomato  
Pasta Bake with  
Homemade Garlic  
Focaccia Bread  
and Sweetcorn

## TUESDAY

Chicken Bites  
with Potato Wedges  
and Peas

## WEDNESDAY

Roast Devon  
Gammon with Gravy  
Roast Potatoes and  
Seasonal Vegetables

## THURSDAY

Ham Pizza  
with Potato Balls  
and Salad Sticks

## FRiDAY

Breaded Fish  
with Chips and  
Baked Beans

Pick a  
**MAIN**

Pick a  
**MEAT-FREE  
MAIN**

Pick a  
**JACKET  
POTATO**

Pick a  
**DESSERT**

Vegan Sausage Roll  
with Mash and  
Sweetcorn

Jacket Potatoes  
served daily with a  
selection of fillings

Chocolate  
Shortbread

Pesto Pasta with  
Homemade Garlic  
Focaccia Bread  
and Peas

Jacket Potatoes  
served daily with a  
selection of fillings

Mousse and  
Fruit

Vegetarian Sausage  
with Roast Potatoes  
and Seasonal  
Vegetables

Jacket Potatoes  
served daily with a  
selection of fillings

Crispy Chocolate  
Nest

Vegetable Fajita  
Wrap with  
Potato Balls and  
Sweetcorn

Jacket Potatoes  
served daily with a  
selection of fillings

Carrot Cake

Black Bean and  
Mozzarella Quesadilla  
with Chips  
and Baked Beans

Jacket Potatoes  
served daily with a  
selection of fillings

Bananas and  
Custard



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**FRESH FRUiT  
AND SALAD  
AVAiLABLE DAILY**