



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

Pick a
MAIN

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
**MEAT-FREE
MAIN**

Cheese and Bean
Pasty with Potato
Wedges and
Sweetcorn

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

Vegan Root Vegetable
Wellington with Roast
Potatoes and
Seasonal Vegetables

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

Cajun Butternut
Squash and Bean
Burger with Chips
and Peas

Pick a
**JACKET
POTATO**

Jacket Potatoes
served daily with a
selection of fillings

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served daily with a
selection of fillings

Pick a
DESSERT

Custard Cookie

Fresh Fruit Salad

Apple Sponge

Fruit Jelly

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

Pick a
MAIN

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
**MEAT-FREE
MAIN**

Vegetable and
Chickpea Curry with
White and Wholegrain
Rice and Peas

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

Vegetable and Lentil
Pie with Roast
Potatoes and
Seasonal Vegetables

Margherita Pizza
with Potato Wedges
and Salad Sticks

Vegetarian Sausage
Hot Dog with
Chips and
Baked Beans

Pick a
**JACKET
POTATO**

Jacket Potatoes
served daily with a
selection of fillings

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served daily with a
selection of fillings

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served daily with a
selection of fillings

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served daily with a
selection of fillings

Jacket Potatoes
served daily with a
selection of fillings

Pick a
DESSERT

Iced Lemon
Shortbread

Jelly and Fruit

Orange Drizzle
Cake

Melon and
Orange Wedges

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

Pick a
MAIN

Pick a
**MEAT-FREE
MAIN**

Pick a
**JACKET
POTATO**

Pick a
DESSERT

MONDAY

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

Vegan Sausage Roll
with Mash and
Sweetcorn

Jacket Potatoes
served daily with a
selection of fillings

Chocolate
Shortbread

TUESDAY

Chicken Bites
with Potato Wedges
and Peas

Pesto Pasta with
Homemade Garlic
Focaccia Bread
and Peas

Jacket Potatoes
served daily with a
selection of fillings

Mousse and
Fruit

WEDNESDAY

Roast Devon
Gammon with Gravy
Roast Potatoes and
Seasonal Vegetables

Vegetarian Sausage
with Roast Potatoes
and Seasonal
Vegetables

Jacket Potatoes
served daily with a
selection of fillings

Crispy Chocolate
Nest

THURSDAY

Ham Pizza
with Potato Balls
and Salad Sticks

Vegetable Fajita
Wrap with
Potato Balls and
Sweetcorn

Jacket Potatoes
served daily with a
selection of fillings

Carrot Cake

FRIDAY

Breaded Fish
with Chips and
Baked Beans

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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AVAILABLE DAILY**

