



# Week 1

# MENU

## MONDAY

- BBQ Wings & Wedges
- Spicy Quorn Fajita & Wedges
- Sweetcorn
- Spiced Banana Cake with Custard

## TUESDAY

- Macaroni & Cheese
- Vegan Cottage Pie
- Garlic Broccoli
- Spiced Banana Cake & Custard

## WEDNESDAY

- Spicy Chicken Flat Bread , Herby Roast Potato
- 5 Bean Crumble with Herby Roast Potato
- Steam Green Cabbage & Carrot
- Spiced Banana Cake with Custard

## THURSDAY

- Beef Chilli with Yellow Rice
- Vegetable Fajita
- Mix Veg
- Spiced Banana Cake with Custard

## FRIDAY

- Battered Fish & Chips
- Margarita Pizza & Chips
- Baked Beans
- Spiced Banana Cake with Custard

## EVERYDAY EATS

- Selection of Cold Sandwiches & Baguettes
- Jacket Potato with a choice of Filling
- Pasta home made sauce
- Hot Panini / Salad Bar
- Fresh Fruits and Homemade shortbread Biscuit

**MAINS**  
**VEGETARIAN**

04 Nov	06 Jan	17 March
25 Nov	27 Jan	21 April
16 Dec	24 Feb	

**VEGETABLE**  
**DESSERT**



This menu will run from November 2024-April 2025

*Newman Catholic College*





# Week 2 MENU

## MONDAY

- Burgers & Seasoned Wedges
- Veggie Burger & seasoned Wedges
- Sweetcorn
- Zalmay's Special Chocolate Cake with Custard

## WEDNESDAY

- Roast Turkey & Roast Potatoes
- Piri Piri Veggie Wrap with Sweet Potato
- Steamed Broccoli & Gravy
- Zalmay's Special Chocolate Cake with Custard

## FRIDAY

- Battered Fish & Chips
- Margarita Pizza & Chips
- Baked Beans
- Zalmay's Special Chocolate Cake with Custard

## TUESDAY

- Chicken Chow Mein
- Vegetable Chow Mein
- Green Beans
- Zalmay's Special Chocolate Cake with Custard

## THURSDAY

- Beef Bolognese & Pasta
- Vegetable & Bean Biryani
- Cauliflower
- Zalmay's Special Chocolate Cake with Custard

## EVERYDAY EATS

- Selection of Cold Sandwiches & Baguettes
- Jacket Potato with a choice of Filling
- Pasta home made sauce
- Hot Panini / Salad Bar
- Fresh Fruits and Homemade shortbread Biscuit

**MAINS**  
**VEGETARIAN**

11 Nov	03 Feb	28 April
02 Dec	03 March	
13 Jan	24 March	

**VEGETABLE**  
**DESSERT**



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# Week 3

# MENU

## MONDAY

- Mac & Cheese with Garlic Bread
- Spicy Bean Chilli & Rice
- Mix Vegetable
- Vanilla Sponge with Custard

## TUESDAY

- Beef Lasagne with Seasoned Wedges
- Vegetable Lasagne with Seasoned Wedges
- Mix Vegetable
- Vanilla Sponge with Custard

## WEDNESDAY

- Jerk Chicken with Mash Potato
- Vegetable Jollof Rice
- Steamed Cabbage
- Vanilla Sponge with Custard

## THURSDAY

- Curried Chicken & Rice
- Chick Pea Curry & Rice
- Green Beans
- Vanilla Sponge with Custard

## FRIDAY

- Battered Fish & Chips
- Margarita Pizza & Chips
- Baked Beans
- Vanilla Sponge with Custard

## EVERYDAY EATS

- Selection of Cold Sandwiches & Baguettes
- Jacket Potato with a choice of Filling
- Pasta home made sauce
- Hot Panini / Salad Bar
- Fresh Fruits, Homemade shortbread Biscuit and Yogurt Pots

### MAINS

#### VEGETARIAN

18 Nov	10 Feb
09 Dec	10 March
20 Jan	31 March

### VEGETABLE

#### DESSERT



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