



**ST JOHN BOSCO ARTS COLLEGE – WEEK ONE MENU CYCLE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MID MORNING BREAK MENU</b>				
Toast Waffles	Toast Waffles	Toast Waffles	Toast Waffles	Toast Waffles
<b>LUNCH SERVICE MENU OFFER</b>				
<p><b>Hot Wok Monday</b> Pieces of fresh chicken cooked with onions, garlic, and peppers in a hoisin sauce with egg noodles.</p>	<p><b>Lasagne</b> Mince beef cooked with onions, herbs &amp; tomatoes and baked in the oven with layers of pasta and cheese sauce</p>	<p><b>Roast of the day</b> Choose from roast of the day or a Quorn fillet served with roast potatoes, a selection of vegetables and gravy</p>	<p><b>Chicken Curry &amp; Rice</b> Chicken breast cooked in spices &amp; served with boiled rice.</p>	<p><b>Fish &amp; Chips</b> Battered Cod served with chips and peas or beans</p>
<b>Quorn with egg noodles</b>	<b>Quorn Lasagne</b>	<b>Quorn fillet Roast</b>	<b>Vegetable Curry &amp; rice</b>	<b>Homemade Vegetable Quiche</b>
<b>Hotdogs</b>	<b>Pizza</b>	<b>Crispy chicken wrap</b>	<b>Beef Burgers</b>	<b>Veggie Burger</b>
<p><b>Pasta Pots</b> Pasta served with a selection of sauces. One meat-based sauce and one vegetarian daily</p>	<p><b>Pasta Pots</b> Pasta served with a selection of sauces. One meat-based sauce and one vegetarian daily</p>	<p><b>Pasta Pots</b> Pasta served with a selection of sauces. One meat-based sauce and one vegetarian daily</p>	<p><b>Pasta Pots</b> Pasta served with a selection of sauces. One meat-based sauce and one vegetarian daily</p>	<p><b>Pasta Pots</b> Pasta served with a selection of sauces. One meat-based sauce and one vegetarian daily</p>
<b>Desserts</b>				
Home Bakery Fresh Fruit Pots Yogurts Cheese & Biscuits	Home Bakery Fresh Fruit Pots Yogurts Cheese & Biscuits	Home Bakery Fresh Fruit Pots Yogurts Cheese & Biscuits	Home Bakery Fresh Fruit Pots Yogurts Cheese & Biscuits	Home Bakery Fresh Fruit Pots Yogurts Cheese & Biscuits
<p><b>Pre Order Service - A Selection of sandwiches, wraps &amp; baguettes and salads will be available daily.</b>  <b>Please return completed order form to kitchen by 11.00am using the order forms available in your classroom</b></p>				



**ST JOHN BOSCO ARTS COLLEGE – WEEK TWO MENU CYCLE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MID MORNING BREAK MENU</b>				
Toast Waffles	Toast Waffles	Toast Waffles	Toast Waffles	Toast Waffles
<b>LUNCH SERVICE MENU OFFER</b>				
<b>Sausage &amp; mash</b> Butcher's sausage served with mashed potato, peas, and gravy	<b>Mince and onion Pie</b> Seasoned minced beef cooked with onions, carrots and stock topped with a pastry crust and served with diced potatoes.	<b>Roast of the day</b> Choose from roast of the day or a Quorn fillet served with roast potatoes, a selection of vegetables and gravy	<b>Chicken Fried Rice &amp; Curry Sauce Pots</b> Chicken breast, onions, peas, and rice shallowed fried & served with curry sauce	<b>Fish &amp; Chips</b> Battered Cod served with chips and peas or beans
<b>Quorn Sausage &amp; Mash</b>	<b>Quorn mince and onion pie</b>	<b>Quorn Fillet Roast</b>	<b>Vegetable Fried Rice</b>	<b>Homemade Vegetable Quiche</b>
<b>Panini</b>	<b>Hot Dogs</b>	<b>Pizza</b>	<b>Beef Burgers</b>	<b>Veggie Burger</b>
<b>Pasta Pots</b> Pasta served with a selection of sauces. One meat-based sauce and one vegetarian daily	<b>Pasta Pots</b> Pasta served with a selection of sauces. One meat-based sauce and one vegetarian daily	<b>Pasta Pots</b> Pasta served with a selection of sauces. One meat-based sauce and one vegetarian daily	<b>Pasta Pots</b> Pasta served with a selection of sauces. One meat-based sauce and one vegetarian daily	<b>Pasta Pots</b> Pasta served with a selection of sauces. One meat-based sauce and one vegetarian daily
<b>Desserts</b>				
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<b>MID MORNING BREAK MENU</b>				
Toast Waffles	Toast Waffles	Toast Waffles	Toast Waffles	Toast Waffles
<b>LUNCH SERVICE MENU OFFER</b>				
<b>Salt &amp; Pepper Chicken</b> Chicken thighs cooked with onions, garlic, and red pepper, lightly seasoned with salt, pepper and Chinese five spice served on a bed of noodles.	<b>Beef Burrito</b> Minced beef, cooked with onions, spices and kidney beans, in a tortilla wrap and topped with a tomato sauce and cheese and baked in the oven, served with rice	<b>Roast of the day</b> Choose from roast of the day or a Quorn fillet served with roast potatoes, a selection of vegetables and gravy	<b>Scouse</b> Fresh chunks of lamb slow cooked with potatoes and carrots and served with crusty bread.	<b>Fish &amp; Chips</b> Battered Cod served with chips and peas or beans
<b>Salt &amp; Pepper Quorn Fillets</b>	<b>Vegetable Burrito</b>	<b>Quorn Fillet Roast</b>	<b>Quorn Mince with Potatoes</b>	<b>Homemade Vegetable Quiche</b>
<b>Panini</b>	<b>Pizza</b>	<b>Burgers</b>	<b>Hotdogs</b>	<b>Veggie Burger</b>
<b>Pasta Pots</b> Pasta served with a selection of sauces. One meat-based sauce and one vegetarian daily	<b>Pasta Pots</b> Pasta served with a selection of sauces. One meat-based sauce and one vegetarian daily	<b>Pasta Pots</b> Pasta served with a selection of sauces. One meat-based sauce and one vegetarian daily	<b>Pasta Pots</b> Pasta served with a selection of sauces. One meat-based sauce and one vegetarian daily	<b>Pasta Pots</b> Pasta served with a selection of sauces. One meat-based sauce and one vegetarian daily
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