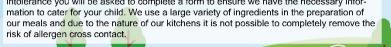
St Joan of Arc Sp 2025	WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W/C 21st April 12th May 9th June 30th June	Option One	Caribbean Butterbean Stew (VE) with Rice and Peas (VE)	Creamy Chickpea and Coconut Curry (VE) with 50/50 Wholemeal Rice (VE) and Homemade Flatbread (VE)	BBQ Quorn (VE) with Roasted Potatoes (VE)	Vegetable Lasagne with Garlic and Herb Bread	Homemade Beetroot and Lentil Burger (VE) with Chips (VE)
MAIN MEALS 21st July	Option Two	Chinese Vegetable Noodles (V)	Chef James' Chicken Jollof Rice	Roast Chicken with Stuffing, Roasted otatoes and Gravy	Beef Lasagne with Garlic and Herb Bread	Breaded fish & chips with tomato sauce
1st September 22 nd September 13 th October	Option Three	Jacket Potato with cheese or beans	Jacket Potato with beans or Tuna	Jacket Potato with cheese or beans	Jacket Potato with beans or Tuna	Jacket Potato with cheese or beans
VEGETABLES AND SALAD	Vegetables Salad Bar	Broccoli (VE) Sweetcorn (VE) Roasted Chickpea Salad (VE) Carrot Sticks (VE) Mixed Lettuce (VE) Diced Peppers (VE) Coleslaw (V)	Butternut Squash (VE) Green Beans (VE) Beetroot and Orange Salad (VE) Tomato Pasta (VE) Olives (VE) Lettuce (VE) Tomatoes (VE)	Peas (VE) Cabbage (VE) Roasted Sweet Potato (VE) Lettuce (VE) Pepper Sticks (VE) Cucumber (VE) Carrot Sticks (VE)	Cauliflower (VE) Roasted Peppers (VE) Rainbow Slaw (VE) Green Beans (VE) Cucumber (VE) Tabbouleh Salad (VE) Beetroot (VE)	Carrots (VE) Peas (VE) Lettuce (VE) Tomatoes (VE) BBQ Noodle Salad (V) Grated Carrot (VE) Sweetcorn (VE)
DESSERT	Dessert	Yoghurt (V) or Vegan Custard (VE) with Sunflower Seeds and Fresh Fruit – Grapes, Banana and Orange (VE)	Seeded Apple Flapjack (VE)	Wholemeal Peach and Carrot Cake (V) with Custard (VE)	Yoghurt (V) or Vegan Custard (VE)with Sunflower Seeds and Fresh Fruit – Apple, Watermelon and Pineapple (VE)	Strawberry Jelly with Peaches and Mandarins (VE)
MENU KEY	Added Plant Protein (50% of the protein is from a plant-based source) Added Plant Protein (50% of the protein is from a plant-based source) Planet Friendly, Low Carbon Option Planet Friendly, Low Carbon Option ALLERGY INFORMATION: If you would like to know about particular allergens in foods please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of					

Available Daily: - Freshly cooked jacket potatoes with a choice of fillings (V/VE) - A choice of flavoured breads freshly baked on site daily (VE) - Daily salad selection (V/VE) - Fresh Fruit (VE) - Natural Yoghurt (V/VE) - Drinking Milk (V/VE)



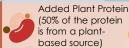
St Joan of Arc/S 2025	pring Summe WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W/C 28 th April 19 th May 16th June 7 th July	Option One	Chef Mariam's Vegetable Bean Couscous (VE) with Sweetcorn Bread (VE)	Chickpea and Vegetable Biryani (VE) with Turmeric Bread (VE)	Vegetarian wellington with Roast Potato and Gravy	Quorn and Bean Fajitas (VE) with Mexican Rice (VE)	Wholemeal Cheese and Tomato Quiche (V) with Chips (VE)
MAIN MEALS 8th September	Option Two	Soya Mince Mexican Chilli (VE) with 50/50 Wholemeal Rice (VE), and Sweetcorn Bread (VE)	Hearty Beef and Lentil Bolognaise with Wholemeal Penne	Roast Turkey, Stuffing, Roast Potatoes and Gravy	Caribbean Spiced Chicken with Rice and Peas	Breaded Fish with Chips and Tomato Sauce
29 th September 20 th October	Option Three	Jacket Potato with Cheese or beans	Jacket Potato with tuna or beans	Jacket Potato with cheese or beans	Jacket potato with tuna or beans	Jacket potato with cheese or beans
VEGETABLES AND SALAD	Vegetables	Sweetcorn (VE) Cauliflower (VE)	Carrots (VE) 🔆 Courgettes (VE) 🔆	Cauliflower (VE) 🔆 Green Beans (VE)	Broccoli (VE) 🔆 Red Cabbage (VE)	Peas (VE) Baked Beans (VE)
	Salad Bar	Grated Carrot (VE) Cucumber Sticks (VE) Sweet Potato Power Salad (VE) Tomato Salsa (VE) Beetroot (VE)	Lettuce (VE) Tomato Pasta (VE) Olives (VE) Carrot Sticks (VE) Cucumber Slices (VE)	Roasted Vegetable and Lentil Salad (VE) Carrot Sticks (VE) Mixed Lettuce (VE) Green Beans (VE) Diced Pepper (VE)	Coleslaw (V) Mixed Bean Salad (VE) Cucumber (VE) Pepper Sticks (VE) Sweetcorn (VE)	Beetroot (VE) Rainbow Slaw (VE) Iceberg Lettuce (VE) Tomatoes (VE) Couscous Salad (VE)
DESSERT	Dessert	Peach and Strawberry Crumble (VE)	Yoghurt (V) or Vegan Custard (VE) and Fresh Fruit - Banana, Watermelon and Apple (VE)	Mandarin Sponge Cake (VE)	Yoghurt (V) or Vegan Custard (VE)with Sunflower Seeds and Fresh Fruit – Pineapple, Orange and Apple (VE)	Lemon Shortbread (VE)
MENU KEY	Added Plant Protein (50% of the protein is from a plant-based source) Planet Friendly, Low Carbon Option Carbon Option Contains Fluxseed or Chia Seed (High in Omega-3) Completely remove the protein is from a plant-based source Nonega-3) ALLERGY INFORMATION: If you would like to know about particular allergens in foods please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intollerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the					

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our meals and due to the nature of our kitchens it is not possible to completely remove the risk of allergen cross contact.



St Joan of Arc Sp 2025	oring Summe WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W/C 5 th May 2 nd June 23 rd June	Option One	Lentil and Sweet Potato Curry (VE) with 50/50 Wholemeal Rice (VE) and Turmeric Bread (VE)	Turkish Vegan Soya Kofta (VE) with Lemon and Herb Couscous, Homemade Flatbread and Houmous (VE)	Rainbow Pizza Slices (V)with Pasta Salad (VE)		Lentil and Basil Whirl (VE) with Chips (VE)
MAIN MEALS 14th July	Option Two	Tomato, Lentil and Roasted Vegetable Wholemeal Penne Pasta (VE)	Beef Burger with Sweet Potato Wedges	Chicken Tikka Masala with 50/50 Wholemeal Rice	Peri-Peri Chicken with Chips, Sweetcorn Salsa and Roasted Veg and Olive Bread	Breaded Fish & Chips with tomato sauce
15 th September 6 th October	Option Three	Jacket Potato with Cheese or beans	Jacket Potato with Tuna or Beans	Jacket Potato with cheese or beans	Jacket Potato with tuna or beans	Jacket Potato with cheese or beans
	Vegetables	Baked Beans (VE) Broccoli (VE) ***	Carrots (VE) Peppers (VE)	Peas (VE) Cauliflower (VE) ※	Sweetcorn (VE) Carrots (VE) 🔆	Coleslaw (VE) 🔆 Green Beans (VE)
VEGETABLES AND SALAD	Salad Bar	Tomatoes (VE) Beetroot (VE) Grated Carrot (VE) Butternut Squash (VE) Mixed Lettuce (VE)	Rainbow Slaw (VE) Olives (VE) Cucumber Sticks (VE) Green Bean Salad (VE) Vegetable Pasta Salad (VE)	Sweet Potato Salad (VE) Carrot Sticks (VE) Diced Pepper (VE) Sweetcorn Salsa (VE) Tomatoes (VE)	Apple and Raisin Salad (V) Cucumber Slices (VE) Grated Carrot (VE) Mixed Lettuce (VE) Pepper Sticks (VE)	Mixed Bean Salad (VE) Beetroot (VE) Iceberg Lettuce (VE) Tomatoes (VE) Couscous Salad (VE)
DESSERT	Dessert	Savoury Cheese and Courgette Scone (V) or Vegan Sheese and Courgette Scone (VE)	Yoghurt (V) or Vegan Custard (VE) with Sunflower Seeds and Fresh Fruit – Honeydew Melon, Orange and Apple (VE)	Apple and Pear Crumble (VE) with Custard (V)	Pineapple Upside Down Cake (V)	Yoghurt (V) or Vegan Custard (VE) with Sunflower Seeds and Fresh Fruit – Banana, Pineapple and Grapes (VE)
MENU KEY	Added Plant Protein (50% of the protein is from a plant- Seed (High in Seed or Chia Seed or Chia Seed (High in Seed (High in Seed (High in Seed or Chia Seed (High in Se					



Seea (High in Omega-3)





(V) Vegetarian (VE) Vegan

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