

# St Vincent's Lunch Menu

## Week 1 – Winter

### Monday

#### **Lamb Chilli Con Carni with Brown Rice**

Minced lamb cooked with onions, peppers, carrots, celery, peas, sweet corn and kidney beans in a homemade tomato sauce containing coriander, cumin and tomato puree. Served with brown rice

Contains: Celery

#### **Dessert – Fresh Fruit and Yoghurt**

Contains: Milk (Dairy)

### Tuesday

#### **Sweet Potato, Roast Pepper & Tomato Pasta Bake**

Pasta, sweet potato, mixed peppers with a homemade tomato sauce containing red onion, garlic, oregano and basil. Topped with cheese and served with a mixed salad

Contains: Gluten, Milk (Dairy)

#### **Dessert – Mixed Melon**

### Wednesday

#### **Chicken Roast Dinner**

Diced chicken with roast potatoes and mixed vegetables served with vegetable gravy

Contains: Gluten

#### **Dessert – Chocolate and Raspberry cake**

Contains: Milk (Dairy), Egg, Gluten

### Thursday

#### **Roast Vegetable Curry with Rice**

Sweet potato, mixed peppers, peas, butternut squash, spinach and onions cooked in a mild and creamy curry sauce. Served with rice and naan bread

Contains: Milk (Dairy), Gluten

#### **Dessert – Apple Crumble served with custard**

Contains: Egg, Milk (Dairy), Gluten

### Friday

#### **Fish Cakes with Potato Wedges and Vegetables**

Cod cooked in breadcrumbs served with potato wedges and root vegetables

Contains: Dairy, Gluten

#### **Dessert – Fruit Salad**

# St Vincent's Lunch Menu

## Week 2 – Winter

### Monday

#### **Chicken and Mushroom Linguine with a Cream Sauce**

Diced chicken pieces and mushrooms cooked in a homemade cream sauce served with linguine pasta

Contains: Milk (Dairy), Gluten

#### **Dessert – Banana sponge cake served with custard**

Contains: Milk (Dairy), Egg, Gluten

### Tuesday

#### **Lamb Korma with Rice**

Lamb pieces with mixed peppers, aubergine, courgettes and onion cooked in a mild yoghurt spiced sauce.  
Served with rice and naan bread

Contains: Gluten, Dairy

#### **Dessert – Kiwi and Pears**

### Wednesday

#### **Vegetarian Sausage Toad in a Hole**

Vegan sausages cooked in a homemade batter served with mash potato and gravy.

Contains: Egg, Milk (Dairy), Gluten

#### **Dessert – Fresh Fruit and Yoghurt**

Contains: Milk (Dairy)

### Thursday

#### **Cod Risotto**

Pieces of cod cooked in risotto rice served with seasonal vegetables

Contains: Fish, Dairy

#### **Dessert – Warm Rice Pudding**

Contains: Milk (Dairy), Soya, Gluten

### Friday

#### **Chicken Hot Pot**

Chicken pieces cooked with onions, carrots, celery and peas in vegetable gravy.  
Served with potato, cauliflower and swede

Contains: Celery, Gluten, Soya

#### **Dessert – Fruit Platter**

# St Vincent's Lunch Menu

## Week 3 – Winter

### Monday

#### **Vegetarian Meatball and Root Vegetable Casserole**

Quorn Swedish meatballs cooked with mushrooms, carrots, swede, butternut squash cooked in a vegetable gravy served with mash potato and green cabbage

Contains: Gluten, Egg

#### **Dessert – Fresh Fruit and Yoghurt**

Contains: Milk (Dairy)

### Tuesday

#### **Trio of Fish in a White Sauce**

Trio of fish including salmon, cod and haddock served with mash potato with a homemade leek and cheese sauce

Contains: Milk (Dairy)

#### **Dessert – Warm pear cake served with Custard**

Contains: Egg, Milk (Dairy), Gluten

### Wednesday

#### **Chicken Curry with Rice**

Diced chicken with peppers, peas, carrots and onion cooked in a mild curry sauce Served with rice and naan bread

Contains: Milk (Dairy)

#### **Dessert – Oranges and Kiwis**

### Thursday

#### **Lamb Lasagne**

Minced lamb cooked in a homemade tomato sauce with lasagne sheets and a white sauce topped with cheese

Contains: Milk (Dairy), Gluten, Egg

#### **Dessert – Warm Apple and Mixed berries with crumble served with yoghurt**

Contains: Milk (Dairy)

### Friday

#### **Pasta with Pesto and Peas**

Penne Pasta with peas cooked in a pesto sauce topped with grated cheese. Served with potato salad

Contains: Dairy, Gluten

#### **Dessert – Carrot Cake served with custard**

Contains: Milk (Dairy), Egg, Gluten

# St Vincent's Lunch Menu

## Week 4 – Winter

### Monday

#### **Sweet Potato, Spinach and Lentil Curry**

Sweet potato, lentil, spinach and a variety of vegetables cooked in a mild curry sauce.  
Served with rice and naan bread.

Contains: Milk (Dairy), Gluten

#### **Dessert – Fresh Fruit and Yoghurt**

Contains: Milk (Dairy)

### Tuesday

#### **Shepherd's Pie**

Minced Lamb cooked with fresh vegetables including peas and broccoli with vegetarian gravy.  
Served with mash potato and mixed vegetables

Contains: Soya, Celery, Gluten

#### **Dessert – Banana topped with chocolate sauce**

Contains: Milk(Dairy)

### Wednesday

#### **Fish Fingers with potato wedges**

Fish fingers served with potato wedges and peas

#### **Dessert – Pineapple and Oranges**

### Thursday

#### **Chicken Stew with Sweet Potato Mash**

Chicken pieces with onions, carrots, celery and peas cooked in gravy Served with sweet potato mash

Contains: Gluten, soya, celery

#### **Dessert – Mixed dried fruit cake served with custard**

Contains: Gluten, Egg, Milk (Dairy)

### Friday

#### **Lamb Meatballs and Spaghetti**

Homemade lamb meatballs cooked in a homemade tomato sauce  
Served with fine spaghetti and topped with cheese.

Contains: Milk(Dairy), Gluten

#### **Dessert – Fruit Platter**

