IFG Independent

ST CATHERINE'S SCHOOL
TWICKENHAM

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
	Seasonal Soup available with croutons, fresh herbs and toppings				
	Freshly Baked Bread available every day				
Main course	Hungarian Beef Goulash	Cumberland Sausage & Onion Gravy Sulphites, Gluten	Roast chicken Breast, Stuffing, Yorkshire pudding & Gravy Gluten	Classic Beef Bolognaise Celery, Gluten	Hand Battered Fish Fillet with Tartare Sauce & ketchup Gluten, Fish
Vegetarian main course	Sweet potato, Red Pepper & Black Bean Goulash	Vegetarian Sausage & Onion Gravy Sulphites, Soya	Mushroom, Spinach, Sage & Onion Stuffing Wellington Sulphites, Soya	Roasted Vegetable & Spinach Lasagne Gluten, Dairy	Halloumi & Roasted Vegetable Burger Gluten, Dairy
Street Vibes	Street Food, tasty global flavours available every day				
Sides	• Steamed Rice • Steamed New Potatoes • Cauliflower • Glazed Carrots	• Creamy Mashed Potato • Garden peas • Braised red cabbage	• Roast potatoes • Roasted Roots • Steamed Broccoli	• Roasted Courgette • Sugar snap peas & Fine Bean Medley • Garlic Bread • Gluten, Dairy	• Peas • Mushy Peas • Baked beans • Chunky chips
Dessert	Sticky Ginger Cake Gluten, Dairy, Egg	Toffee apple Crumble with Custard Gluten, Dairy	Rocky Road Gluten, Dairy, Sulphite, Soya	Sicilian lemon Cheesecake Gluten, Dairy	Rich Chocolate Mousse Dairy, Egg, Soya
Everyday salads (daily dressings, toppings & sauces)	Big Bowl Salad, Tomato, Cucumber, Peppers, Grated Carrot, Boiled Eggs, Mixed Leaves, Sweetcorn				
Fruit Bar	Daily Selection of Banana's, Apples, Satsuma's, Melon & Mixed Grapes				
Yoghurt Bar	Daily Selection of Natural Yoghurt, Seeds & Dried Fruits				
Jacket Potatoes	Available every day Hot Jacket Potatoes with a choice of Fillings				

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Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
	Seasonal Soup available with Croutons, fresh Herbs and Toppings				
	Freshly Baked Bread available every day				
Main course	Chicken Tikka Masala, Naan Bread & Mango Chutney Gluten, Mustard, Dairy	Minted Lamb Shepard's Pie, Crushed Potato & Cheese Topping Dairy	Roast Beef with Yorkshire pudding, Gravy & Horseradish Gluten	Chicken, Leek & Garden Herb Pie Gluten, Dairy, Egg	Hand Battered Fish Fillet with Tartare Sauce & Ketchup Gluten, Fish
Vegetarian main course	Lentil, Spinach & Chickpea Dahl Mustard	Quorn & Vegetable Cottage Pie Dairy, Egg	Squash Mac 'N' Cheese Gluten, Dairy	Spanish Chickpea & Olive Stew Sulphites, Dairy	Vegan Fishless Fingers Gluten, Soya
Street Vibes	Street Food, tasty global flavours available every day				
Sides	• Autumn Pilau Rice • Bombay Roasted New Potatoes • Cumin Roasted Cauliflower	• Rosemary Roasted Carrots • Sweetcorn • Baked Bean	• Roast potatoes • Savoy cabbage, Broccoli & Beans • Roasted Roots	• New Potatoes • Steamed Rice • Glazed Carrots • Roasted cauliflower	• Mushy peas • Peas • Baked beans • Chunky chips
Dessert	Peach Cobbler Gluten, Dairy, Egg	Cheesecake Sundae Gluten, Dairy	White chocolate & Raspberry Blondie Gluten, Dairy, Egg, Soya	Banana Bread & Date Sponge Gluten, Dairy, Egg	Carrot Cake Gluten, Egg, Sulphites
Everyday salads (daily dressings, toppings & sauces)	Big Bowl Salad, Tomato, Cucumber, Peppers, Grated Carrot, Boiled Eggs, Mixed Leaves, Sweetcorn				
Fruit Bar	Daily Selection of Banana's, Apples, Satsuma's, Melon & Mixed Grapes				
Yoghurt Bar	Daily Selection of Natural Yoghurt, Seeds & Dried Fruits				
Jacket Potatoes	Available every day hot jacket potatoes with a choice of fillings				

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ST CATHERINE'S SCHOOL
TWICKENHAM

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Seasonal Soup available with croutons, fresh herbs and toppings					
Freshly Baked Bread available every day					
Main course	Pulled pork Carnitas Gluten, Soya, Celery	Beef Lasagne Gluten, Dairy, Celery	Roast Gammon with honey and mustard glaze Mustard	Kung Pao Sweet 'N' Sour Chicken Dairy, Soya	Hand Battered Fish Fillet, Tartare Sauce & Ketchup Gluten, Fish
Vegetarian main course	No Chicken Chunk Soft Taco, Roasted Peppers & Lime Dressed Red Cabbage Gluten	Fusilli Pasta, Pomodoro Sauce & Garlic Bread Gluten, Dairy	Crispy tofu steaks with avocado and Chimichurri	Sweet Chilli Vegetable & Noodle Stir Fry Gluten, Soya	Sunblush Tomato, Olive & Pesto Quiche Gluten, Dairy, Egg
Street Vibes	Street Food, tasty global flavours available every day				
Sides	• Mexican Red Rice • Fajita Roasted Peppers • Sweetcorn	• Chef's Tossed Salad • Roasted Mediterranean Vegetables • Broccoli	• Thyme Roast Potatoes • Green beans • Cauliflower Cheese Gluten, Dairy	• Steamed Rice • Stir Fried Vegetables • Prawn Crackers Crustaceans	• Mushy peas • Peas • Baked Beans • Chunky Chips
Dessert	Baked Rice Pudding Dairy	Vanilla Cheesecake Gluten, Dairy	Chocolate orange Marble Cake Gluten, Dairy, Egg	Lemon Meringue Sundae Dairy, Egg	Syrup sponge & Custard Gluten, Dairy, Egg
Everyday salads (daily dressings, toppings & sauces)	Big Bowl Salad, Tomato, Cucumber, Peppers, Grated Carrot, Boiled Eggs, Mixed Leaves, Sweetcorn				
Fruit Bar	Daily Selection of Banana's, Apples, Satsuma's, Melon & Mixed Grapes				
Yoghurt Bar	Daily Selection of Natural Yoghurt, Seeds & Dried Fruits				
Jacket Potatoes	Available every day hot jacket potatoes with a choice of fillings				

ST CATHERINE'S SCHOOL
TWICKENHAM

Lunch

Main Meal

Chicken & Bacon Carbonara

Chicken, Bacon, Flour, Cream, Vegetable Stock

(GLUTEN, DAIRY)

Vegetarian Meal

Pomodoro Sauce

Chopped Tomatoes, Puree, Garlic, Vegetable Stock

Sides

Peas

Garlic Bread

Jacket Potato

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Chinese Chicken
&
Rice Bowl
Or
Chicken, Pig in Blanket,
Cranberry Ciabatta
(GLUTEN, DAIRY)
Or
Brie & Cranberry
(GLUTEN, DAIRY)

ST CATHERINE'S SCHOOL
TWICKENHAM

Salad Bar

Chickpea, Roasted Vegetable & Rice
Chickpea, Peppers, Aubergine, Courgette

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Pasta & Rocket Pesto
Pasta, Rocket, Parmesan
(GLUTEN, DAIRY)

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Roquette

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Tomato, Carrot, Cucumber, Peppers, Sweetcorn

Proteins

Southern Fried Chicken Strips (GLUTEN)
Cheese (DAIRY)
Chef's Dressing (MUSTARD)
Rapeseed Olive Oil
Balsamic

ST CATHERINE'S SCHOOL
TWICKENHAM

Deli Bar

Tuna, Sweetcorn Mayonnaise & Cucumber Flatbread
(FISH, EGG, GLUTEN)

Ham & Cheese Salad Baguette
(GLUTEN, DAIRY)
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Roasted Vegetable & Rocket Pesto Ciabatta
(GLUTEN, DAIRY)

Yoghurt Bar

Yoghurt (DAIRY)
Red Cherry Pie Filling
Sultana (SULPHITES)
Sunflower & Pumpkin Seeds

Cold/Hot Sweet
Whole Fruits