



	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 <i>Sulphites, Gluten</i>	Roast chicken Breast, Stuffing, Yorkshire pudding & Gravy <i>Gluten</i>	Classic Beef Bolognaise <i>Celery, Gluten</i>	Hand Battered Fish Fillet with Tartare Sauce & ketchup <i>Gluten, Fish</i>
Vegetarian main course	Sweet potato, Red Pepper & Black Bean Goulash	Vegetarian Sausage & Onion Gravy <i>Sulphites, Soya</i>	Mushroom, Spinach, Sage & Onion Stuffing Wellington <i>Sulphites, Soya</i>	Roasted Vegetable & Spinach Lasagne <i>Gluten, Dairy</i>	Halloumi & Roasted Vegetable Burger <i>Gluten, Dairy</i>
	Street Food, tasty global flavours available every day				
Sides	<ul style="list-style-type: none"> Steamed Rice Steamed New Potatoes Cauliflower Glazed Carrots 	<ul style="list-style-type: none"> Creamy Mashed Potato Garden peas Braised red cabbage 	<ul style="list-style-type: none"> Roast potatoes Roasted Roots Steamed Broccoli 	<ul style="list-style-type: none"> Roasted Courgette Sugar snap peas & Fine Bean Medley Garlic Bread <i>Gluten, Dairy</i> 	<ul style="list-style-type: none"> Peas Mushy Peas Baked beans Chunky chips
Dessert	Sticky Ginger Cake <i>Gluten, Dairy, Egg</i>	Toffee apple Crumble with Custard <i>Gluten, Dairy</i>	Rocky Road <i>Gluten, Dairy, Sulphite, Soya</i>	Sicilian lemon Cheesecake <i>Gluten, Dairy</i>	Rich Chocolate Mousse <i>Dairy, Egg, Soya</i>
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				



	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 Food, tasty global flavours available every day				
Sides	<ul style="list-style-type: none"> Autumn Pilau Rice Bombay Roasted New Potatoes Cumin Roasted Cauliflower 	<ul style="list-style-type: none"> Rosemary Roasted Carrots Sweetcorn Baked Bean 	<ul style="list-style-type: none"> Roast potatoes Savoy cabbage, Broccoli & Beans Roasted Roots 	<ul style="list-style-type: none"> New Potatoes Steamed Rice Glazed Carrots Roasted cauliflower 	<ul style="list-style-type: none"> 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				



	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 Food, tasty global flavours available every day				
Sides	<ul style="list-style-type: none"> Mexican Red Rice Fajita Roasted Peppers Sweetcorn 	<ul style="list-style-type: none"> Chef's Tossed Salad Roasted Mediterranean Vegetables Broccoli 	<ul style="list-style-type: none"> Thyme Roast Potatoes Green beans Cauliflower Cheese Gluten, Dairy 	<ul style="list-style-type: none"> Steamed Rice Stir Fried Vegetables Prawn Crackers Crustaceans 	<ul style="list-style-type: none"> 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



ST CATHERINE'S SCHOOL
— TWICKENHAM —



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