

NPCAT Menu 2022

-  Added Plant Power
-  Vegan
-  Wholemeal




























Monday

Tuesday

Wednesday

Thursday

Friday

Week One 3 rd Jan	Option 1	Pork Sausage in a Hot Dog Bun with Ketchup and Potato Wedges	Minced Beef Casserole with Eston Dumpling and Mashed Potatoes & Gravy	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Meatballs in Tomato Sauce with Pasta 	MSC Fishfingers/ Salmon Fish Fingers with Chips and Tomato Sauce
24 th Jan	Option 2	Quorn Sausage in a Hot Dog Bun with Ketchup and Potato Wedges	Macaroni Cheese with various toppings	Mixed Vegetable Stir Fry in Soy Sauce with Noodles	Cheese & Tomato Pizza with New Potatoes 	Red Pepper Omelette with Chips
14 th Feb	Vegetables	Baked Beans Sweetcorn	Carrots Garden Peas	Cauliflower Broccoli	Roasted Mixed Vegetables	Baked Beans Garden Peas
14 th Mar	Dessert	Apple Crumble with Custard or Assorted Desserts 	Orange Drizzle Cake with Custard Or Assorted Desserts	Rice Pudding with Berries Or Assorted Desserts	Apple, Cheese and Biscuits Or Assorted Desserts	Chocolate & Banana Oaty Square Or Assorted Desserts 
Week Two 10 th Jan	Option 1	Beef Burger in a Bun with Jacket Wedges and Ketchup	Chicken Curry with Rice	Roast Gammon with Pineapple, Roast Potatoes and Gravy	Beef Mince Cottage Pie with Gravy  	MSC Fish with Chips and Tomato Sauce
31 st Jan	Option 2	Southern Style Vege Burger in a Bun with Wedges & Ketchup 	Cheese & Potato Whirl with New Potatoes 	Roasted Quorn Pieces in Gravy with Roast Potatoes	Cheese & Tomato Pizza With Flavoured Diced Potatoes 	Mexican Vegetable Roll with Chips 
28 th Feb	Vegetables	Garden Peas Baked Beans	Sweetcorn Cauliflower	Cabbage Carrots	Sweetcorn Broccoli	Baked Beans Garden Peas
21 st Mar	Dessert	Peach Upside down Cake with Custard Or Assorted Desserts 	Lemon Shortbread Or Assorted Desserts 	Mixed Fruit Crumble with Custard Or Assorted Desserts  	Chocolate & Mandarin Sponge Or Assorted Desserts	Apple Flapjack Or Assorted Desserts  
Week Three 17 th Jan	Option 1	Pasta Bolognise with Garlic Bread  	Puff Pastry Topped Chicken & Sweetcorn Pie with Mash & Gravy	Roast Pork with Stuffing, Roast Potatoes and Gravy	Beef Chilli con Carne with Rice 	MSC Fish Fingers with Chips and Tomato Sauce
7 th Feb	Option 2	Cheese & Red onion Quiche with Baby New Potatoes 	Tomato & Vegetable Pasta with Garlic Bread  	Mixed Vegetable Curry with Savoury Rice 	Cheese, Tomato & Mixed Peppers Pizza 	Mexican Style Vegetable & Bean Wrap with Chips 
7 th Mar	Vegetables	Broccoli Sweetcorn	Garden Peas Carrots	Carrot and Swede Mix Cabbage	Green Beans Cauliflower	Baked Beans Garden Peas
28 th Mar	Dessert	Rice Pudding with Mixed Berry Sauce Or Assorted Desserts	Peach Crumble with Custard Or Assorted Desserts	Chocolate Sponge with Chocolate Sauce Or Assorted Desserts	Eves Apple Pudding and Custard Or Assorted Desserts 	Fruity Shortbread Or Assorted Desserts 

Available Daily:
Freshly cooked jacket potatoes
choice of fillings
Sandwiches
with a choice of fillings

Freshly baked Bread
Daily Salad Bar selection
Fruit
Yoghurt

ALLERGY INFORMATION: If your child has an allergy or intolerance 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.