



ST HELEN
and
ST KATHARINE

DAILY MENU

Monday, 25th February

Chunky pea Soup (V)

Italian meatballs & pasta in tomato sauce

Pork loin steaks in mustard sauce

Steamed fish, white wine sauce

Mushroom & courgettes risotto (V)

Red lentil dahl, mini naan bread (V)

Parsley / Jacket Potatoes (V)

French beans (V)

Steamed carrots (V)

Rice pudding with jam



ST HELEN
and
ST KATHARINE

DAILY MENU

Tuesday 26th February

Cream of vegetable soup (V)

Roast gammon

Chicken & mushroom casserole

Plain pasta (V)

*Cauliflower & broccoli in smoked
cheddar sauce (V)*

Deep fried squid, sweet chilli sauce

Roast / Jacket Potatoes (V)

Roast parsnips (V)

Steamed leeks (V)

Syrup sponge with custard



ST HELEN
and
ST KATHARINE

DAILY MENU

Wednesday 27th February

Mushroom soup (V)

Chilli con carne

Pork & chorizo casserole

Potato, spinach & cheddar clafoutis (V)

Plain pasta (V)

Baked fish paupiettes

Rice / Jacket Potatoes (V)

Saute courgettes (V)

Roasted root vegetables (V)

Apple & blueberry crumble



ST HELEN
and
ST KATHARINE

DAILY MENU

Thursday 28th February

Tomato soup (V)

Cumberland sausages

Wholemeal pasta in red pesto (V)

Homemade potato & onion pasty (V)

Smoked haddock chowder

Farmed rabbit, mustard sauce

Mash / Jacket potatoes (V)

Saute peppers (V)

Savoy cabbage (V)

Sticky toffee pudding



ST HELEN
and
ST KATHARINE

DAILY MENU

Friday 1st March

Cream of asparagus soup (V)

Fish and chips in beer batter

*Baked peppers stuffed with fragrant
couscous & roast tomatoes (V)*

Penne pasta in tomato sauce (V)

Lancashire hot pot

BBQ brisket of beef

Jacket Potato/French fries (V)

Garden peas (V)

Baked beans (V)

Raspberry cake, hot chocolate sauce