

St Mary of the Angels School

WEEK ONE

Monday

Spaghetti Bolognese
Vegetarian Bolognese
Garlic Bread Slice
Filled Jacket Potato
Seasonal Veg
Freshly prepared
salad bar

Fruit & Oat Cookie
Fresh fruit
Low fat yoghurt

Tuesday

Pulled Pork in soft taco
Rainbow Rice
Nachos
Quorn Soft Taco
Filled Jacket Potato
Country Mixed Veg
Freshly prepared
salad bar

Fruit Jelly & Cream
Fresh fruit
Low fat yoghurt

Wednesday

Homemade pizza with
toppings
Assorted sandwiches
Filled Jacket Potato
Potato wedges
Garden peas
Sweetcorn

Freshly prepared
salad bar

Strawberry & Vanilla
Mousse
Fresh fruit
Low fat yoghurt

Thursday

Roast Gammon
Cheese & Onion Pastie
Yorkshire pudding
Dry roast potatoes
Fresh broccoli
Fresh carrots

Freshly prepared
salad bar

Frozen Lemon
Yoghurt
Fresh fruit
Low fat yoghurt

Friday

MSC Pollock Fish Finger
Veggie Fingers
Filled Jacket Potato
Oven baked skin on
fries
Baked Beans
Peas

Freshly prepared
salad bar

Homemade
Carrot cake
Fresh fruit
Low fat yoghurt

Salad selection is available daily as an alternative to vegetables. Fresh drinking water, or milk and homemade chunky bread or bread sticks are also available daily
No fish is served from the Marine Stewardship Council 'Fish To Avoid List' Fair-trade products – We use fairtrade bananas and fruit Juice Free Range eggs are used in our recipes.
Where possible our meat, fruit and vegetables are locally sourced (Subject to Availability)

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WEEK TWO

Monday

Chicken Tikka Masala
Quorn Masala
Macaroni Cheese
Naan & Rice
Jacket Potato
Assorted Sandwiches
Seasonal vegetables

Freshly prepared
salad bar

Chocolate Cornflake
Cake

Fresh fruit
Low fat yoghurt

Tuesday

All Day Breakfast
Veggie Breakfast
Filled Jacket Potato
Assorted baguettes
Potato Waffles
Baked Beans

Freshly prepared
salad bar

Apple Flapjack
Fresh fruit
Low fat yoghurt

Wednesday

Homemade Pizza
various toppings
Filled jacket Potato
Assorted bread rolls
Herby Oven Baked Diced
Potatoes

Sweetcorn

Freshly prepared salad
bar
Lemon & Vanilla
Cheesecake
Fresh Fruit
Low fat yoghurt

Thursday

Roast pork with stuffing
Cheese and onion pasty
Filled jacket Potato
Assorted filled wraps
Yorkshire pudding
Roast potatoes
Fresh carrots
Fresh broccoli

Freshly prepared
salad bar
Vanilla Ice cream with
raspberry sauce

Fresh fruit
Low fat yoghurt

Friday

Oven Baked fish fingers
Filled jacket Potato
with cheese & beans or
tuna & sweetcorn
Assorted sandwiches
Baked healthy skin on
fries
Peas

Freshly prepared
salad bar
Raspberry Ripple Cake

Fresh fruit
Low fat yoghurt

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WEEK THREE

Monday

Meatballs with Tomato
Sauce
Penne
Garlic Bread
Filled Jacket Potato
Assorted sandwiches
Green beans
Sweet corn
Freshly prepared
salad bar
Homemade Chocolate &
Banana Cake
Fresh fruit
Low fat yoghurt

Tuesday

Chicken and Chorizo
Paella with Nachos
Creamy Chicken Broccoli
& Sweetcorn Pasta
Filled Jacket Potato
Assorted rolls
Seasonal vegetables
Freshly prepared
salad bar
Homemade Cookie
Fresh fruit

Wednesday

Homemade Pizza
Filled Jacket Potato
Assorted sandwiches
Pommes Noisettes
Peas
Spaghetti
Freshly prepared
salad bar
Fruit Jelly
Fresh fruit
Low fat yoghurt

Thursday

Oven Baked Pork
Sausage
Baked Quorn Sausage
Filled Jacket Potato
Assorted wraps
Mash potatoes
Fresh carrots
Fresh Broccoli
Freshly prepared
salad bar
Ice cream and fruity
sauce
Fresh fruit

Friday

Crispy baked fishfingers
Salt & Vinegar Goujons
Homemade Tomato &
Basil Soup
Assorted sandwiches
Oven baked skin on
fries chips
Garden peas
Baked beans
Freshly prepared
salad bar
Chocolate Concrete
Fresh fruit
Low fat yoghurt

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