

St Mary of the Angels School

WEEK ONE

Monday

Sweet & Sticky soy &
honey chicken

Rice

Cheese and tomato
pasta bake

Filled Jacket Potato
Assorted sandwiches

Green beans

Sweet corn

Freshly prepared
salad bar

Homemade Chocolate
chip Cookies

Fresh fruit

Low fat yoghurt

Tuesday

Chicken Chorizo &
Penne Bake

Herby Croutons

Filled Jacket Potato

Assorted rolls

Seasonal vegetables

Freshly prepared
salad bar

Fruity flapjacks

Fresh fruit

Low fat yoghurt

Wednesday

Home made Tomato
and mozzarella pizza

Filled Jacket Potato
Assorted sandwiches

Jacket wedges

Peas
Spaghetti

Freshly prepared
salad bar

Fruit Jelly

Fresh fruit

Low fat yoghurt

Thursday

Roast Chicken

Baked salmon

Filled Jacket Potato

Assorted wraps

Dry roast potatoes

Fresh carrots

Fresh Broccoli

Freshly prepared
salad bar

Ice cream and fruity
sauce

Fresh fruit

Low fat yoghurt

Friday

Crispy baked fish fingers

Filled jacket potato

Assorted sandwiches

Oven baked skin on fries
chips

Garden peas

Baked beans

Freshly prepared
salad bar

Homemade St Clements
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)

St Mary of the Angels School

WEEK TWO

Monday

Butter Chicken
Quorn curry
Naan & Rice
Jacket Potato
Assorted Sandwiches
Seasonal vegetables

Freshly prepared
salad bar

Rice Krispie Slice

Fresh fruit
Low fat yoghurt

Tuesday

All Day Breakfast
Veggie Breakfast
Filled Jacket Potato
Assorted baguettes
Hash Brown
Baked Beans

Freshly prepared
salad bar

Homemade fruity
Jelly
Fresh fruit
Low fat yoghurt

Wednesday

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

Sweetcorn Cob

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
Assorted sandwiches
Baked healthy skin on
fries
Peas
sweet corn

Freshly prepared
salad bar
Homemade Blondie

Fresh fruit
Low fat yoghurt

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WEEK THREE

Monday

BBQ chicken Fajita wraps
Vegetarian wraps
Nachos
Assorted sandwiches
Filled Jacket Potato
Carrot Slaw

Freshly prepared salad bar
Homemade Lemon Shortbread
Fresh fruit
Low fat yoghurt

Tuesday

Chicken Bolognaise
Quorn Bolognaise
Spaghetti & Garlic bread

Filled Jacket Potato
Country Mixed Veg

Freshly prepared salad bar
Vanilla & Chocolate mousse
Fresh fruit
Low fat yoghurt

Wednesday

Homemade pizza with toppings
Assorted sandwiches
Filled Jacket Potato

Potato wedges
Garden peas
Sweetcorn

Freshly prepared salad bar
Homemade lemon Drizzle
Fresh fruit
Low fat yoghurt

Thursday

Roast Gammon
Quorn sausages
Yorkshire pudding
Dry roast potatoes
Assorted Sandwich
Fresh broccoli
Fresh carrots

Freshly prepared salad bar
Frozen Strawberry
Yoghurt
Fresh fruit
Low fat yoghurt

Friday

MSC Pollock Goujons
Quorn Nuggets
Filled Jacket Potato

Oven baked skin on fries
Baked Beans
Peas

Freshly prepared salad bar
Homemade Blueberry cupcakes
Fresh fruit
Low fat yoghurt

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