

St Mary of the Angels School

WEEK ONE

Monday

Oven baked sausages
Quorn Sausages
Assorted sandwiches

Creamy mashed potato
Fresh carrots
Garden peas

Freshly prepared
salad bar

Vanilla cheesecake

Fresh fruit
Low fat yoghurt

Tuesday

Chicken fajita
Quorn fajita
Assorted bread rolls

Served with special
vegetable rice
Roasted vegetables

Freshly prepared
salad bar

Homemade chocolate
sponge served with
chocolate custard

Fresh fruit
Low fat yoghurt

Wednesday

Homemade pizza with
toppings
Filled jacket potato with
cheddar cheese filling

Assorted wraps
Potato wedges
Garden peas
Baked beans

Freshly prepared
salad bar

Fruity jelly with cream

Fresh fruit
Low fat yoghurt

Thursday

Succulent roast pork
with apple sauce/gravy

Quorn roast
Yorkshire pudding
Assorted sandwiches
Dry roast potatoes

Fresh broccoli
Fresh carrots

Freshly prepared
salad bar

Ice cream with sprinkles

Fresh fruit
Low fat yoghurt

Friday

Fish fingers with
homemade tomato
sauce

Jacket potato with
fillings

Assorted bread rolls

Oven baked chips
Spaghetti hoops
Selection of vegetables

Freshly prepared
salad bar

Homemade Lemon
muffins

Fresh fruit
Low fat yoghurt

Salad selection is available daily as an alternative to vegetables. Fresh drinking water, or milk and homemade chunky bread is 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

Creamy Chicken korma
curry
Naan bread
Cheese and potato pie
Assorted sandwiches

Fluffy rice
Garden peas
Sweet corn

Freshly prepared
salad bar

Cheese grapes and
crackers

Fresh fruit
Low fat yoghurt

Tuesday

Homemade meatballs in
tangy Italian sauce
Quorn balls with tomato
sauce and pasta
Assorted baguettes

New potatoes
Fresh carrots
Fresh green beans

Freshly prepared
salad bar

Homemade
Apple & blackberry
crumble and custard

Fresh fruit
Low fat yoghurt

Wednesday

Homemade pizza
Filled jacket potato
with cheddar cheese
and coleslaw
Assorted bread rolls

Diced potatoes
Garden peas
Baked beans

Freshly prepared
salad bar

Jelly with cream
Fresh fruit
Low fat yoghurt

Thursday

Roast chicken with
stuffing
Quorn roast
Assorted filled wraps

Yorkshire pudding
Roast potatoes
Fresh carrots
Fresh broccoli

Freshly prepared
salad bar

Ice cream and fruity
sauce

Fresh fruit
Low fat yoghurt

Friday

Fish fingers
Jacket Potato with filling
Assorted sandwiches

Baked healthy chips
Mushy peas / peas
Sweet corn

Freshly prepared
salad bar

Homemade vanilla
sponge and custard

Fresh fruit
Low fat yoghurt

Salad selection is available daily as an alternative to vegetables. Fresh drinking water, or milk and homemade chunky bread is 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 THREE

Monday

Homemade spaghetti
bolognaise with
garlic bread
Quorn bolognaise
Assorted sandwiches

Roasted new potatoes
Green beans
Sweet corn

Freshly prepared
salad bar
Cornflake cakes

Fresh fruit
Low fat yoghurt

Tuesday

Treat Tuesday
Burger in a bun
Assorted baguettes

Curly Fries

Freshly prepared
salad bar
Chosen by you
Homemade cake
of the day
Fruit drink carton
Fresh fruit
Low fat yoghurt

Wednesday

Home made Tomato
and mozzarella pizza
Jacket potato with filling
Assorted sandwiches

Jacket wedges
Selection of vegetables
Baked beans

Freshly prepared
salad bar
Jelly with cream
Fresh fruit
Low fat yoghurt

Thursday

Succulent roast Turkey
Quorn roast
Served with gravy
And
Yorkshire pudding

Dry roast potatoes
Fresh broccoli
Fresh carrots

Freshly prepared
salad bar
Ice cream with toppings
Fresh fruit
Low fat yoghurt

Friday

Crispy baked fish fingers
jacket potato with
cheddar cheese filling
Assorted sandwiches

Oven baked chips
Garden peas
Baked beans

Freshly prepared
salad bar
Homemade Apple
sponge and custard
Fresh fruit
Low fat yoghurt

Salad selection is available daily as an alternative to vegetables. Fresh drinking water, or milk and homemade chunky bread is 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)