

St Mary of the Angels School

WEEK ONE

Week Commencing 29/09/25

Monday

Spaghetti Bolognaise

or

Quorn Bolognaise

Garlic Bread Slice

Filled Jacket Potato

Seasonal Veg

Mousse

Or

Low fat yoghurt

Tuesday

Chicken Tikka Masala

Rice & Naan

or

Filled Jacket Potato

Country Mixed Veg

Fruit Jelly

Or

Low fat yoghurt

Wednesday

Homemade pizza with
toppings

or

Assorted sandwiches

Or

Filled Jacket Potato

Potato wedges

Sweetcorn

Vegan Chocolate

Ice-cream

Or

Low Fat Yoghurt

Thursday

Chicken Nuggets

Served with crinkle
chips

Ice-cream Roll

Or

Yoghurt

Friday

Fish Fingers

Oven baked skin on
fries

Baked Beans/peas

or

Cheese or Tuna

Baguette with side of
fries

Chocolate Cake

Or

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

Week Commencing
06/10/25

Monday

All day Breakfast
or Veggie Breakfast

Beans

Hash Brown or Potato
waffle

Jacket Potatoes

Cheesecake

Or

Low fat yoghurt

Tuesday

Chicken Pasta
Or Quorn Pasta

Nachos

Sweetcorn Cob

Homemade Flapjack

Or

Low fat yoghurt

Wednesday

Homemade Pizza
various toppings

or

Filled jacket Potato

Herby Oven Baked Diced
Potatoes

Sweetcorn

Doughnut

Or

Low fat yoghurt

Thursday

Roasted Cumberland
Sausage

Mashed Potato

Yorkshire Pudding

Farm Fresh Vegetables

Strawberry Ice-cream

Or

Low fat yoghurt

Friday

Oven Baked fish fingers
Or

Filled Jacket potato

Baked healthy skin on
fries

Baked beans

Lemon Cake

Or

Low fat yoghurt

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WEEK THREE

Week Commencing
13/10/25

Monday

Meatballs with Smoky
Tomato Sauce
Spaghetti
Garlic Bread
Fresh Broccoli &
Sweetcorn
Or
Assorted sandwiches

Mousse
Or
Low fat yoghurt

Tuesday

Tomato Pasta
or
Filled Jacket Potato
Or
Assorted rolls
Seasonal vegetables

Cake/Biscuit
Or
Low fat yoghurt

Wednesday

Homemade Pizza
or
Filled Jacket Potato
Or
Assorted sandwiches
Pommes Noisettes
Peas
Spaghetti

Fruit Jelly & Cream
Or
Low fat yoghurt

Thursday

Oven Baked Chicken
Sausage
Or
Baked Quorn Sausage
Or
Filled Jacket Potato
Mash potatoes
Farm Fresh Vegetables

Ice cream and fruity
sauce
Or
Low fat yoghurt

Friday

Crispy baked fish
fingers
Or
Fish Goujons
Or
Assorted sandwiches
Oven baked skin on
fries chips
Baked beans

Chocolate Muffin
Or
Low fat yoghurt

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St Mary of the Angels School

WEEK FOUR

Week Commencing
20/10/25

Monday

Chinese Chicken Chow
Mein
Noodles with veg
Or
Smart Pasta
Baked Potato
Assorted Rolls

Ice-cream Roll
Or
Low Fat Yoghurt

Tuesday

Beef chilli Burrito
With Rice & Nachos
Or
Tomato Pasta
Sweetcorn
Baked Potato

Chocolate Chip
Biscuit
Or
Assorted Yoghurt

Wednesday

Homemade Pizza with
Assorted toppings
Seasoned Wedges
Spaghetti Hoops
Peas
Or
Fresh Sandwiches

Caramel Mousse
Or
Assorted Yoghurt

Thursday

Chicken Nuggets
or
Vegetarian Nuggets
French Fries
Tomato Ketchup

Ice-cream
Or
Low Fat Yoghurt

Friday

Fish Fingers or Fish Goujons
Oven Baked Skin on fries
Baked Beans or
Garden Peas
Or
Baked Potato
Assorted Rolls

Doughnut
Or
Assorted Yoghurt

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