

St Mary of the Angels School

WEEK ONE

Monday

Sticky Chinese
Chicken
Chinese Stir Fried
Quorn
Fried Rice

Filled Jacket Potato
Peas & Sweetcorn
Sweet Peppers

Freshly prepared
Salad bar
Apple and Oat Bar
Fresh fruit
Low fat yoghurt

Tuesday

Freshly prepared
Meatballs
Vegetarian Meatballs
Penne & Homemade
Tomato Sauce

Filled Jacket Potato
Baton Raw Carrot
& Cucumber

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
Baked beans

Freshly prepared
salad bar
Homemade Fruit Jelly
Fresh fruit
Low fat yoghurt

Thursday

Succulent roast chicken
and gravy
Quorn sausages
Assorted sandwiches
Filled Jacket Potato
Yorkshire pudding
Dry roast potatoes
Fresh broccoli
Fresh carrots

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

Friday

Fish fingers with
homemade tomato
sauce
Assorted bread rolls
Filled Jacket Potato
Oven baked skin on
fries
Selection of seasonal
vegetables

Freshly prepared
salad bar
Shortbread biscuit

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

Homemade Butter
Chicken curry
Quorn curry
Filled Jacket Potato
Assorted sandwiches

Naan bread
Fluffy rice
Seasonal vegetables

Freshly prepared
salad bar

Chocolate Sponge

Fresh fruit
Low fat yoghurt

Tuesday

All day breakfast
Sausage bacon
Beans & Hash Brown
Veggie option available

Filled Jacket Potato
Assorted baguettes

Freshly prepared
salad bar
Homemade Cookie

Fresh Fruit
Low fat yoghurt

Wednesday

Homemade Pizza with
toppings
Potato Galette
Filled jacket Potato

Garden peas
Beans

Freshly prepared
salad bar

Lemon Curd Tart

Fresh fruit

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
Ice cream and fruit with
raspberry fruity sauce

Fresh fruit
Low fat yoghurt

Friday

Fish Goujons or
Fishfingers

Assorted sandwiches

Oven Baked healthy
Skin on fries
Peas
sweet corn

Freshly prepared
salad bar
Chocolate Cracknell

Fresh fruit
Low fat yoghurt

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WEEK THREE

Monday

Beef Bolognaise pasta
bake

Filled Jacket Potato
Assorted sandwiches

Garlic Bread Slice

Green beans

Sweet corn

Freshly prepared
salad bar

Homemade Marble cake

Fresh fruit

Low fat yoghurt

Tuesday

Oven Baked Sausages

Cheesy Mash

Filled Jacket Potato

Seasonal vegetables

Freshly prepared
salad bar

Fruity flapjacks

Fresh fruit

Low fat yoghurt

Wednesday

Homemade pizza with
toppings

Filled Jacket Potato

Assorted sandwiches

Jacket wedges

Peas

Spaghetti

Freshly prepared
salad bar

Fruit Jelly

Fresh fruit

Low fat yoghurt

Thursday

Roast Gammon

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 chips

Garden peas

Baked beans

Freshly prepared
salad bar

Homemade lemon &
vanilla cupcakes

Fresh fruit

Low fat yoghurt

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