

St Mary of the Angels School

WEEK ONE

Monday

Homemade BBQ
Chicken sliders
Vegetarian Slider
Filled Jacket Potato

Grated Carrot &
Cabbage
Sweet corn

Freshly prepared
salad bar
Homemade jam tart

Fresh fruit
Low fat yoghurt

Tuesday

Freshly prepared
Meatballs
Vegetarian Meatballs
Spaghetti & Homemade
Tomato Sauce
Filled Jacket Potato
Baton Raw Carrot
& Cucumber

Freshly prepared
salad bar
Homemade 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 Cheesecake
Fresh fruit
Low fat yoghurt

Thursday

Succulent roast turkey
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
Homemade cupcakes

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

Home made chicken
Korma curry
Quorn curry
Filled Jacket Potato
Assorted sandwiches

Naan bread
Fluffy rice
Seasonal vegetables

Freshly prepared
salad bar

Churros & fresh fruit

Fresh fruit
Low fat yoghurt

Tuesday

Oven Baked Sausage
Macaroni Cheese
Filled Jacket Potato
Assorted baguettes

Hash browns
Baked Beans

Freshly prepared
salad bar

Homemade fruity
Oaty biscuits

Fresh fruit
Low fat yoghurt

Wednesday

Turkey Bolognaise
With Spaghetti
Vegetarian Bolognaise
Filled jacket Potato

Garlic Bread Slice
Garden peas
Fresh Carrots

Freshly prepared
salad bar

Melon & Grapes

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

Ice cream and fruit with
raspberry fruity sauce

Fresh fruit
Low fat yoghurt

Friday

Homemade pizza with
toppings
Filled jacket Potato
Assorted sandwiches

Baked healthy potato
Galette
Peas
sweet corn

Freshly prepared
salad bar

Chocolate Cracknell

Fresh fruit
Low fat yoghurt

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WEEK THREE

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Cheese and tomato
pasta bake
Filled Jacket Potato
Assorted sandwiches

Roasted new potatoes
Green beans
Sweet corn

Freshly prepared
salad bar
Chocolate concrete

Fresh fruit
Low fat yoghurt

Tuesday

Chicken & Noodle
Stir-fry
Quorn Stir-fry
Filled Jacket Potato
Assorted rolls

Vegetable Rice

Freshly prepared
salad bar
Homemade Cookie
Low Fat Yoghurt
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 Cod
Goujons
Filled jacket potato
Assorted sandwiches

Oven baked skin on fries
Garden peas
Baked beans

Freshly prepared
salad bar
Fresh Fruit Salad
Low fat yoghurt

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Wednesday

Thursday

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