

St Mary of the Angels School

WEEK ONE

Monday

Hot dog sausages

Quorn dogs

Both served in a finger roll with onions and relish

Assorted sandwiches

Fresh carrots

Garden peas

Freshly prepared salad bar

Home made Oatie cookies

Fresh fruit

Low fat yoghurt

Tuesday

Mild chilli con carne

Three cheese ravioli

Assorted bread rolls

Fluffy rice

jacket potatoes

Sweetcorn

Sliced green beans

Freshly prepared salad bar

Homemade rock cakes

Fresh fruit

Low fat yoghurt

Wednesday

Homemade pizza with toppings

Filled jacket potato with cheddar cheese filling

Assorted wraps

Potato noisettes

Garden peas

Baked beans

Freshly prepared salad bar

Homemade Chocolate ribbon biscuits

Fresh fruit

Low fat yoghurt

Thursday

Chicken pasta bake

Vegetable pasta bake

Assorted sandwiches

Fresh broccoli

Fresh carrots

Freshly prepared salad bar

Homemade Jammy Dodger biscuits

Fresh fruit

Low fat yoghurt

Friday

Fish fingers with homemade tomato sauce

Jacket potato with cheddar cheese filling

Assorted bread rolls

Oven baked chips

Baked beans

Selection of vegetables

Freshly prepared salad bar

Vanilla ice cream

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

Homemade chicken
Korma & Naan bread
Cheese and potato pie

Assorted sandwiches

Fluffy rice

Peas

Sweet corn

Freshly prepared
salad bar

Homemade shortbread
stars

Fresh fruit

Low fat yoghurt

Tuesday

Homemade meatballs
in tangy Italian sauce

Quorn balls with
tomato sauce

Freshly prepared
baguettes with fillings

Noodles

Fresh carrots

Fresh green beans

Freshly prepared
salad bar

Homemade buttery
fruity flapjacks

Fresh fruit

Low fat yoghurt

Wednesday

Homemade pizza

Filled jacket potato
with cheddar cheese
filling

Assorted bread rolls

Diced potatoes

Peas

Baked beans

Freshly prepared
salad bar

Homemade banana
sponge

Fresh fruit

Low fat yoghurt

Thursday

Bbq chicken wraps

Served with fresh vege-
tales

Bbq quorn wraps

Filled wraps selection

New potatoes

Fresh carrots

Fresh broccoli

Freshly prepared
salad bar

Anzac biscuits

Fresh fruit

Low fat yoghurt

Friday

Sea side style oven
baked battered fish

Jacket potato with
fillings

Assorted sandwiches

Baked healthy chips

Mushy peas / peas

Sweet corn

Freshly prepared
salad bar

Raspberry ripple
ice cream

Fresh fruit

Low fat yoghurt

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St Mary of the Angels School

WEEK THREE

Monday

Homemade spaghetti
bolognese with garlic
bread

Vegetable Bake
Assorted Baguettes

Green beans
Sweet corn

Freshly prepared
salad bar

Beautiful Chocolate
brownies

Fresh fruit
Low fat yoghurt

Tuesday

Mediterranean chicken
wrap

Vegetable Pasta bake
Assorted Baguettes

Rice
Corn on the cob
Seasonal Vegetables

Freshly prepared
salad bar

Cheese and biscuits

Fresh fruit
Low fat yoghurt

Wednesday

Home made pizza
with toppings

Jacket potato with
filling
Assorted sandwiches

Jacket wedges
Selection of vegetables
Baked beans

Freshly prepared
salad bar

Homemade chocolate
sponge cake

Fresh fruit
Low fat yoghurt

Thursday

Healthy baked sausages

Homemade potato
wedges

Fresh carrots
sweetcorn

Quorn sausages

Fresh broccoli
Fresh carrots

Assorted rolls

Freshly prepared
salad bar

Jelly and cream

Fresh fruit
Low fat yoghurt

Friday

Crispy cod bites with
lemon

jacket potato with
cheddar cheese filling
Assorted sandwiches

Oven baked chips
Peas

Baked beans

Freshly prepared
salad bar

Strawberry ice cream

Fresh fruit
Low fat yoghurt

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