

# St Mary of the Angels School

## WEEK ONE

### Monday

Spaghetti Bolognese  
Quorn Bolognese  
Garlic Bread Slice  
Filled Jacket Potato  
Seasonal Veg

Fresh Fruit/Salad

Homemade Oat Cookie  
Fresh fruit  
Low fat yoghurt

### Tuesday

Chicken Tikka Masala  
Rice & Naan  
Filled Jacket Potato  
Country Mixed Veg

Fresh Fruit/Salad

Fruit Jelly & Cream  
Fresh fruit  
Low fat yoghurt

### Wednesday

Homemade pizza with toppings  
Assorted sandwiches  
Filled Jacket Potato  
Potato wedges  
Sweetcorn

Fresh Fruit/Salad

Vegan Chocolate  
Ice-cream  
Fresh fruit  
Low fat yoghurt

### Thursday

Oven Roast Pork  
Sausage  
Cheese & Onion Pastie  
Yorkshire pudding  
Farm fresh Vegetables

Fresh Fruit/Salad

Ice-cream Roll  
Yoghurt  
Fresh fruit

### Friday

Veggie Friday  
Veggie Pizza/Nuggets  
Oven baked skin on fries  
Baked Beans/peas

Cheese or Tuna  
Baguette with side of fries

Chocolate Brownie  
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)

# St Mary of the Angels School

## WEEK TWO

### Monday

All day Breakfast  
Or Veggie Breakfast-  
Beans  
Hash Brown or Potato  
waffle  
Jacket Potatoes  
  
Fresh Fruit/Salad  
  
Homemade Cookie  
  
Fresh fruit  
Low fat yoghurt

### Tuesday

Chicken Fajitas  
Quorn Fajitas  
Rainbow Rice  
Nachos  
Sweetcorn Cob  
  
Fresh Fruit/Salad  
  
Homemade Flapjack  
Fresh fruit  
Low fat yoghurt

### Wednesday

Homemade Pizza  
various toppings  
Filled jacket Potato  
Herby Oven Baked Diced  
Potatoes  
Sweetcorn  
  
Fresh Fruit/Salad  
  
Vanilla Cheesecake  
Fresh Fruit  
Low fat yoghurt

### Thursday

Roasted Gammon  
Chicken Pie  
Yorkshire pudding  
Roast potatoes  
Farm Fresh Vegetables  
  
Fresh Fruit/Salad  
  
Strawberry Ice-cream  
Fresh fruit  
Low fat yoghurt

### Friday

Oven Baked fish fingers  
Homemade Soup of the  
Day  
Filled Jacket potato  
Baked healthy skin on  
fries  
Baked beans  
  
Fresh Fruit/Salad  
  
Lemon Drizzle  
Fresh fruit  
Low fat yoghurt

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# St Mary of the Angels School

## WEEK THREE

### Monday

Meatballs with Smoky  
Tomato Sauce  
Spaghetti  
Garlic Bread  
Assorted sandwiches  
Fresh Broccoli &  
Sweetcorn  
  
Fresh Fruit/Salad  
  
Homemade Chocolate &  
Orange Cake  
  
Low fat yoghurt

### Tuesday

Cajun Chicken Pitta  
Pocket  
Rice & Nachos  
Mac'n'Cheese  
Filled Jacket Potato  
Assorted rolls  
Seasonal vegetables  
  
Fresh Fruit/Salad  
  
Homemade Shortbread  
Biscuit  
  
Low fat yoghurt

### Wednesday

Homemade Pizza  
Filled Jacket Potato  
Assorted sandwiches  
  
Pommes Noisettes  
Peas  
Spaghetti  
  
Fresh Fruit/Salad  
  
Fruit Jelly & Cream  
  
Low fat yoghurt

### Thursday

Oven Baked Chicken  
Sausage  
Baked Quorn Sausage  
Filled Jacket Potato  
Assorted wraps  
Mash potatoes  
Farm Fresh Vegetables  
  
Fresh Fruit/Salad  
  
Ice cream and fruity  
sauce  
  
Low fat yoghurt

### Friday

Crispy baked fishfingers  
Salt & Vinegar Goujons  
  
Assorted sandwiches  
Oven baked skin on  
fries chips  
Baked beans  
  
Fresh Fruit/Salad  
  
Chocolate Muffin  
  
Low fat yoghurt

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# St Mary of the Angels School

## WEEK FOUR

### Monday

Chinese Chicken Chow

Mein

Noodles with veg

Or

Smart Pasta

Baked Potato

Assorted Rolls

Fresh Fruit/Salad

Fruit Crumble &

Custard

Low Fat Yoghurt

### Tuesday

Beef chilli Burrito

With Rice & Nachos

Or

BBQ Chicken Wrap

Sweetcorn

Baked Potato

Fresh Fruit/Salad

Chocolate Chip

Biscuit

Assorted Yoghurt

### Wednesday

Homemade Pizza with

Assorted toppings

Seasoned Wedges

Spaghetti Hoops

Peas

Fresh Sandwiches

Fresh Fruit/Salad

Caramel Mousse

Assorted Yoghurt

### Thursday

We will alternate each  
month with either :

Chicken Nuggets or

Beef Burger

Vegetarian Nuggets/  
Burger

French Fries

Tomato Ketchup

Fresh Fruit/Salad

Ice cream Sundae

Low Fat Yoghurt

### Friday

Fish Fingers or Fish Goujons

Oven Baked Skin on fries

Baked Beans or

Garden Peas

Baked Potato

Assorted Rolls

Fresh fruit/Salad

Raspberry & White

Chocolate Marble Cake

Assorted Yoghurt

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