

St Mary of the Angels School

WEEK ONE

Monday

Chicken Meatballs with
Smoky Tomato Paprika
sauce & Rice

Quorn Meatballs

Nachos

Filled Jacket Potato

Seasonal Veg

Homemade Oat Raisin
Cookie

Fresh fruit

Low fat yoghurt

Tuesday

Cajun Chicken, Hummus
Pitta Pocket

Mexican Rice

Sweetcorn coblett

Quorn Pitta

Filled Jacket Potato

Mac'n'Cheese

Apple Oat Crumble &
custard

Fresh fruit

Low fat yoghurt

Wednesday

Homemade pizza with
toppings

Assorted sandwiches

Filled Jacket Potato

Potato wedges

Spaghetti Hoops

Sweetcorn

Strawberry & Vanilla
Mousse

Fresh fruit

Low fat yoghurt

Thursday

Roast Gammon

Cheese & Onion Pastie

Yorkshire pudding

Dry roast potatoes

Fresh broccoli

Fresh carrots

Ice-cream Roll

Yoghurt

Fresh fruit

Friday

MSC Pollock Fish Finger

Soup of the Day with
bread

Oven baked skin on
fries

Baked Beans/peas

Homemade Chocolate

Concrete

Yoghurt

Fresh fruit

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

Butter Chicken
Quorn Curry
Rice
Naan Bread
Smart Pasta
Seasonal Vegetables
Assorted Sandwiches
Jacket Potatoes

Shortbread Biscuit
Fresh fruit
Low fat yoghurt

Tuesday

All Day Breakfast
Veggie Breakfast
Filled Jacket Potato
Assorted baguettes
Potato Waffles or Hash
Brown
Baked Beans

Fruity Flapjack
Fresh fruit
Low fat yoghurt

Wednesday

Homemade Pizza
various toppings
Filled jacket Potato
Herby Oven Baked Diced
Potatoes
Spaghetti Hoops
Sweetcorn

Carrot Cake
Fresh Fruit
Low fat yoghurt

Thursday

Roast Chicken or
Chicken Pie
Cheese and onion pasty
Filled jacket Potato
Yorkshire pudding
Roast potatoes
Farm Fresh Vegetables

Vanilla Ice cream
& Raspberry Sauce
Fresh fruit
Low fat yoghurt

Friday

Oven Baked fish fingers
Homemade Soup of the Day
Quorn Nuggets
Filled Jacket potato
Baked healthy skin on fries
Baked Beans or Pea

Jam Tarts
Fresh fruit
Low fat yoghurt

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WEEK THREE

Monday

Baked Penne Carbonara

Quorn & Broccoli

Creamy Pasta

Garlic Bread

Filled Jacket Potato

Assorted sandwiches

Fresh Broccoli &

Sweetcorn

White Chocolate Cookie

Fresh fruit

Low fat yoghurt

Tuesday

Sweet & Sour Chicken &

Fried Rice

Or

Sweet & Sour Quorn

Tomato Pasta

Filled Jacket Potato

Assorted rolls

Seasonal vegetables

Jam Sponge & Custard

Fresh fruit

Low fat yoghurt

Wednesday

Homemade Pizza

Filled Jacket Potato

Assorted sandwiches

Pommes Noisettes

Peas

Spaghetti Hoops

Fruit Jelly & Cream

Fresh fruit

Low fat yoghurt

Thursday

Oven Baked Pork

Sausage

Baked Quorn Sausage

Filled Jacket Potato

Assorted wraps

Mash potatoes

Farm Fresh Vegetables

Vegan Strawberry

Icecream

Fresh fruit

Low fat yoghurt

Friday

Crispy baked fishfingers

Salt & Vinegar Goujons

Homemade Tomato &

Basil Soup

Oven baked skin on

fries chips

Garden peas

Baked beans

Homemade Mable Cake

Fresh fruit

Low fat yoghurt

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