

St Mary of the Angels School

WEEK ONE

Monday

Homemade chicken
curry
Fluffy rice
Naan bread
Jacket potato with a
cheddar cheese filling

Selection of sandwiches

Oatie Biscuits

Fresh fruit
Low fat yoghurt

Tuesday

Pasta bake with home-
made tomato sauce
Garlic bread
Jacket potato with a
choice of fillings
Seasonal vegetables

Selection of sandwiches

Lemon sponge cake

Fresh fruit
Low fat yoghurt

Wednesday

Homemade pizza with
toppings
Filled jacket potato with
cheddar cheese filling
Oven baked chips
Baked beans
Peas

Assorted wraps

Jelly with cream

Fresh fruit
Low fat yoghurt

Thursday

Treat time Thursday
Grab bag day
Burger in a bap
Wedges
Veggie burger in a bap
Wedges

Selection of sandwiches

Cake of the day

Fresh fruit
Carton of juice
Yoghurt

Friday

Oven baked fish fingers
Filled jacket potato with
cheddar cheese filling
Oven baked chips
Baked beans
Peas

Assorted wraps

Raspberry Ripple
Icecream

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

Hotdogs
Quorn dogs
Served in roll
Wedges
Sweetcorn

Selection of sandwiches

Shortbread stars

Fresh fruit
Low fat yoghurt

Tuesday

Homemade meatballs
in tangy Italian sauce
Quorn balls with
tomato sauce
Noodles
Selection of vegetables

Filled baguettes

Chocolate Cracknel

Fresh fruit
Low fat yoghurt

Wednesday

Homemade pizza
Filled jacket potato
with cheddar cheese
filling
Diced potatoes
Peas
Baked beans

Assorted sandwiches

Homemade banana
sponge

Fresh fruit
Low fat yoghurt

Thursday

Bbq chicken wraps
Served with fresh
vegetables
Bbq quorn wraps
Rice
Selection of vegetables

Assorted sandwiches

Anzac biscuits

Fresh fruit
Low fat yoghurt

Friday

Sea side style oven
baked battered fish
Jacket potato with fill-
ings
Chips
Peas
Baked Beans

Assorted sandwiches

Raspberry ripple
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 THREE

Monday

Homemade spaghetti
bolognaise with garlic
bread

Veg Bolognaise

Green beans

Sweet corn

Assorted baguettes

Chocolate shortbread

Fresh fruit

Low fat yoghurt

Tuesday

Mediterranean chicken
wrap

Jacket potato with
filling

Rice

Corn on the cob

Assorted sandwiches

Cheese and biscuits

Fresh fruit

Low fat yoghurt

Wednesday

Home made pizza
with toppings

Jacket potato with
filling

Jacket wedges

Peas

Baked beans

Assorted sandwiches

Homemade chocolate
sponge cake

Fresh fruit

Low fat yoghurt

Thursday

Healthy baked sausages

Homemade potato
wedges

Quorn sausages

Selection of vegetables

Assorted sandwiches

Jelly and cream

Fresh fruit

Low fat yoghurt

Friday

Crispy cod bites

Jacket potato with
cheddar cheese filling

Oven baked chips

Peas

Baked beans

Assorted sandwiches

Strawberry 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)