

St Mary of the Angels School

WEEK ONE

Monday

Hot dog sausages
Quorn sausages
Both served in a finger roll
Homemade Oatie biscuits
Freshly prepared salad bar
Fresh fruit
Low fat yoghurt

Tuesday

Pasta bake with home-made tomato sauce
Garlic bread
Jacket potato with a choice of fillings
Seasonal vegetables
Homemade jammy dodgers
Freshly prepared salad bar
Fresh fruit
Low fat yoghurt

Wednesday

Homemade pizza with toppings
Filled jacket potato with cheddar cheese filling
Assorted wraps
Assorted bread rolls
Oven baked chips
Baked beans
Selection of vegetables
Fresh fruit
Low fat yoghurt

Thursday

Treat time Thursday
Grab bag day
Burger in a bap
Wedges
Veggie burger in a bap
Wedges
Cake of the day
Fresh fruit
Carton of juice

Friday

Oven baked fish fingers
Filled jacket potato with cheddar cheese filling
Assorted wraps
Assorted bread rolls
Oven baked chips
Baked beans
Selection of vegetables
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)

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WEEK TWO

Monday

Homemade chicken
curry
Fluffy rice
Naan bread
Cheese and potato pie
Peas
Sweetcorn
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
vegetables
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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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

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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