

St Mary of the Angels School

WEEK ONE

Monday

Oven baked sausages
Crispy salmon cakes
Assorted sandwiches
Creamy mashed potato
Fresh carrots
Peas
Freshly prepared salad bar
Chocolate Sponge with custard
Fresh fruit
Low fat yoghurt

Tuesday

Chicken fajita
vegetable rice
Three cheese ravioli
Assorted bread rolls
Mixed salad
Freshly prepared salad bar
Jelly and cream
Fresh fruit
Low fat yoghurt

Wednesday

Homemade pizza with toppings
Filled jacket potato with cheddar cheese filling
Assorted wraps
Potato wedges
Garden peas
Baked beans
Freshly prepared salad bar
Cheesecake
Fresh fruit
Low fat yoghurt

Thursday

Succulent roast pork with apple sauce/gravy
Penne pasta bake
Assorted sandwiches
Dry roast potatoes
Fresh broccoli
Fresh carrots
Freshly prepared salad bar
Ice cream
Fresh fruit
Low fat yoghurt

Friday

Fish fingers with home-made tomato sauce
Jacket potato with cheddar cheese filling
Assorted bread rolls
Oven baked chips
Baked beans
Selection of vegetables
Freshly prepared salad bar
Lemon sponge and custard
Fresh fruit

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

Low fat yoghurt
Homemade chicken
Korma & naan bread
Cheese and potato pie
Fluffy rice
Peas
Sweet corn

Assorted sandwiches

Freshly prepared
salad bar

Fruit flan

Fresh fruit
Low fat yoghurt

Tuesday

Homemade meatballs in
tangy Italian sauce
Quorn balls with tomato
sauce and noodles
Fresh carrots
Fresh green beans
Noodles

Assorted baguettes

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

Fruit crumble
Custard
Fresh fruit
Low fat yoghurt

Thursday

Roast beef
Yorkshire pudding
Macaroni cheese

Filled wraps selection

Dry roast potatoes
Fresh carrots
Fresh broccoli

Freshly prepared
salad bar

Ice cream and sauce

Fresh fruit
Low fat yoghurt

Friday

Sea side style oven
baked battered fish
Jacket Potato with filling

Baked healthy chips
Mushy peas / peas
Sweet corn

Assorted sandwiches
Freshly prepared
salad bar

Homemade lemon and
vanilla iced sponge

Fresh fruit
Low fat yoghurt

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WEEK THREE

Monday

Homemade spaghetti
bolognaise with garlic
bread

Vegetable Bake

New potatoes

Baked beans

Sweet corn

Assorted sandwiches

Freshly prepared
salad bar

Beautiful jammy rice
pudding

Fresh fruit
Low fat yoghurt

Tuesday

Traditional homemade
shepherd's pie

Tomato Pasta bake

Garden peas

Seasonal Vegetables

Assorted baguettes

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

Fruity crumble with
custard

Fresh fruit
Low fat yoghurt

Thursday

Succulent roast turkey

Cheese bakes

Assorted baguettes
with fillings

Dry roast potatoes

Fresh broccoli

Fresh carrots

Freshly prepared
salad bar

Ice cream with toppings

Fresh fruit
Low fat yoghurt

Friday

Crispy baked fish fingers

Jacket potato with
cheddar cheese filling

Assorted sandwiches

Oven baked chips

Peas
Baked beans

Freshly prepared
salad bar

Iced ginger sponge

Fresh fruit
Low fat yoghurt

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