

WEEK 1

Autumn / Winter 2019

ST MARY'S AND ST PETER'S PRIMARY SCHOOL

radish
IT'S ALL GOOD



Week Commencing:

2nd September
23rd September
14th October
11th November
2nd December

Option 1

Monday.
Organic Beef
Meatballs served in a
Homemade Tomato
Sauce with Spaghetti

Tuesday.
Free Range Chicken
and Sweetcorn
Pizza served with
Spaghetti Hoops

Wednesday.
Roast Chicken
served with Stuffing,
Roast Potatoes and
Gravy

Thursday.
Lamb Keema served
with Steamed Rice

Friday.
Gluten Free
Battered Fish
served with Chips

Option 2 v Vegetarian

Vegetable and Chick
Pea Biryani

Cheese and Tomato
Pizza served with
Spaghetti Hoops

Macaroni Cheese

Vegetarian Cottage
Pie

Roasted Vegetable
Tart served with
Chips

Option 3

Jacket Potato with
Grated Cheese, Tuna
Mayo, Baked Beans
or Coleslaw

Tomato and Basil
Pasta

Jacket Potato with
Grated Cheese, Tuna
Mayo, Baked Beans
or Coleslaw

Spicy Tomato Pasta

Jacket Potato with
Grated Cheese,
Tuna Mayo, Baked
Beans or Coleslaw

Vegetables

Carrots
Green Beans

Mixed Salad
Garden Peas

Sautéed Cabbage
and Leeks
Carrots

Green Beans
Sweetcorn

Baked Beans
Garden Peas

Dessert

Fruit Crumble and
Custard

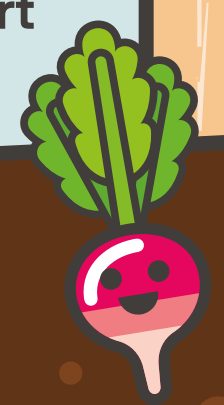
Banana Loaf

Fresh Fruit or
Yoghurt

Strawberry Jelly

Fruit Slushy

Freshly Baked Bread, Salad Bar, Yoghurt
and Fresh Fruit are available daily



WEEK 2

Autumn / Winter 2019

ST MARY'S AND ST PETER'S PRIMARY SCHOOL

radish
IT'S ALL GOOD



Week Commencing:
 9th September
 30th September
 21st October
 18th November
 9th December

Option 1

Monday.
Free Range Chicken
and Pesto Pasta

Tuesday.
Organic Minced
Beef and Onion Pie
served with New
Potatoes

Wednesday.
Roast Pork served
with Stuffing, Roast
Potatoes and Gravy

Thursday.
Sweet & Sour
Chicken served with
Steamed Rice

Friday.
Fish Fingers or
Salmon Fish Fingers
served with Chips

Option 2 v Vegetarian

v Vegetable and Chick
Pea Tagine served
with Cous Cous

v Cheese and Onion
Pasty served with
New Potatoes

v Broccoli and
Cauliflower Cheese
Bake served with
Roast Potatoes

v Mixed Bean Burrito

v Vegetable Nuggets
served with Chips

Option 3

Jacket Potato with
Grated Cheese, Tuna
Mayo, Baked Beans
or Coleslaw

Roasted Vegetable
Pasta

Jacket Potato with
Grated Cheese, Tuna
Mayo, Baked Beans
or Coleslaw

Tomato and Basil
Pasta

Jacket Potato with
Grated Cheese,
Tuna Mayo, Baked
Beans or Coleslaw

Vegetables

Carrots
Garden Peas

Green Beans
Sweetcorn

Carrots
Cabbage

Green Beans
Carrots

Baked Beans
Garden Peas

Dessert

Syrup Sponge served
with Custard

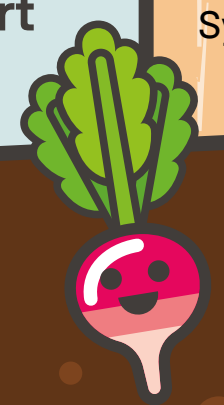
Carrot Cake

Fresh Fruit or
Yoghurt

Gluten Free
Chocolate Sponge
served with Custard

Fruit Slushy

Freshly Baked Bread, Salad Bar, Yoghurt
and Fresh Fruit are available daily



WEEK 3

Autumn / Winter 2019

ST MARY'S AND ST PETER'S PRIMARY SCHOOL

radish
IT'S ALL GOOD



Week Commencing:
16th September
7th October
4th November
25th November
16th December

Option 1

Monday.
Free Range Tandoori
Chicken served with
Steamed Rice

Tuesday.
Traditional Beef
Lasagne served with
Garlic Bread

Wednesday.
Pork Sausage served
with Mashed Potato
and Gravy

Thursday.
Organic Beef Chilli
Con Carne served
with Steamed Rice

Friday.
Gluten Free
Battered Fish
served with Chips

Option 2 v Vegetarian

v
Neapolitan Bean
Pasta Bake

v
Sweet Potato
and Chick Pea
Curry served with
Steamed Rice

v
Vegetarian Sausage
served with Mashed
Potato and Gravy

v
Cheesy Vegetable
Loaded Potato Skins

v
Cheese Tomato and
Pesto Puff served
with Chips

Option 3

Jacket Potato with
Grated Cheese, Tuna
Mayo, Baked Beans
or Coleslaw

Tomato and Basil
Pasta

Jacket Potato with
Grated Cheese, Tuna
Mayo, Baked Beans
or Coleslaw

Cheesy Tomato
Pasta

Jacket Potato with
Grated Cheese,
Tuna Mayo, Baked
Beans or Coleslaw

Vegetables

Sweetcorn
Carrots

Cauliflower and
Broccoli
Garden Peas

Carrots
Green Beans

Garden Peas
Carrots

Baked Beans
Garden Peas

Dessert

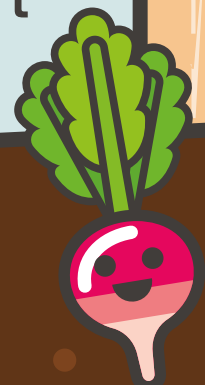
Vanilla Sponge with
Custard

Ice Cream

Fresh Fruit or
Yoghurt

Chocolate Cookie

Fruit Slushy



Freshly Baked Bread, Salad Bar, Yoghurt
and Fresh Fruit are available daily

