

ST MARY'S AND ST PETER'S PRIMARY SCHOOL



WEEK 1

Option 1

Vegetarian Sausage Hotdog

Tuesday.

Mexican Organic Minced Beef Bake

Wednesday.

Roast Pork served with Apple Sauce, Roast Potatoes and Gravy

Thursday.

Free Range Chicken and Nacho Grill served with Steamed Rice

Friday.

Gluten Free Battered Fish served with Chips

Option 2 V Vegetarian

Cheese Flan served with New Potatoes

Red Pesto and Mascarpone Pasta

Roast Quorn served with Roast Potatoes and Gravy

Vegetable and Chick Pea Jambalaya

Vegetable Nuggets served with Chips

Option 3

Jacket Potato served with Cheese, Baked Beans, Tuna Mayonnaise or Coleslaw

Baguette with a choice of Cheese, Tuna or Chicken

Cheesy Tomato Pasta

Baguette with a choice of Cheese, Tuna or Chicken

Jacket Potato served with Cheese, Baked Beans, Tuna Mayonnaise or Coleslaw

Vegetables

Sweetcorn Carrots

Cauliflower and Broccoli Garden Peas

Carrots Green Beans

Garden Peas Carrots

Baked Beans Garden Peas

Dessert

Fruit Slushy

Fruity Jelly

Fresh Fruit Salad

Jam and Coconut Sponge with Custard

Rice krispie Cake

WEEK 2

Option 1

Macaroni Cheese

Tuesday.

Sausage and Apple Plait served with New Potatoes

Wednesday.

Organic Beef Bolognaise served with Pasta

Thursday.

Free Range Chicken Korma served with Steamed Rice

Friday.

Breaded Fish Fingers or Salmon Fish Fingers served with Chips

Option 2 V Vegetarian

Sweet Potato and Chick Pea Curry served with Steamed Rice

Cheesy Lentil Roast served with New Potatoes

Vegetarian Bolognaise served with Pasta

Vegetable and Bean Biryani

Vegetarian Sausage served with Chips

Option 3

Jacket Potato served with Cheese, Baked Beans, Tuna Mayonnaise or Coleslaw

Baguette with a choice of Cheese, Tuna or Chicken

Jacket Potato served with Cheese

Baguette with a choice of Cheese, Tuna or Chicken

Jacket Potato served with Cheese, Baked Beans, Tuna Mayonnaise or Coleslaw

Vegetables

Sweetcorn Green Beans

Sautéed Cabbage and Leek Carrots

Carrots Garden Peas

Green Beans Sweetcorn

Baked Beans Garden Peas

Dessert

Fruit Slushy

Gluten Free Vanilla Cookie

Fruity Flapjack

Marble Cake with Custard

Peaches with Ice Cream

WEEK 3

Option 1

Cheese and Tomato Pizza served with Potato Wedges

Tuesday.

Honey and Ginger Free Range Chicken served with Steamed Rice

Wednesday.

Roast Turkey served with Stuffing, Roast Potatoes and Gravy

Thursday.

Organic Beef Chilli Con Carne served with Steamed Rice

Friday.

Gluten Free Battered Fish served with Chips

Option 2 V Vegetarian

Red Pepper and Sweetcorn Pizza served with Potato Wedges

Vegetable Chow Mein

Chick Pea, Barley and Vegetable Pasty served with Roast Potatoes

Vegetarian Chilli served with Steamed Rice

Summer Vegetable Frittata served with Chips

Option 3

Jacket Potato served with Cheese, Baked Beans, Tuna Mayonnaise or Coleslaw

Baguette with a choice of Cheese, Tuna or Chicken

Neapolitan Pasta

Baguette with a choice of Cheese, Tuna or Chicken

Jacket Potato served with Cheese, Baked Beans, Tuna Mayonnaise or Coleslaw

Vegetables

Carrots Garden Peas

Broccoli Sweetcorn

Carrots Cabbage

Green Beans Carrots

Baked Beans Garden Peas

Dessert

Fruit Slushy

Apple Sponge with Custard

Fresh Fruit Salad

Frozen Mango Yoghurt

Wholemeal Shortbread

LOOK FOR THE SUGAR SHERIFF THESE MEALS ARE COMPLETELY FREE FROM ADDED SUGAR!



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

We always meet the Government food based standard for school lunches. All of our meals are freshly prepared on site by our team to ensure there are no undesirable additives. Many of our dishes contain hidden vegetables to increase vegetable intake. We are continuously working to reduce the amount of refined sugar in our menus.

