

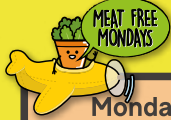
ST MARY'S AND ST PETER'S PRIMARY SCHOOL

Spring 2022



WEEK 1

03/01, 24/01,
21/02, 14/03



	Monday.	Tuesday.	Wednesday.	Thursday.	Friday.
Option 1	Vegetarian Sausage Stir Fry served with Steamed Rice (Ve)	Organic Beef Meatball Pasta	Roast Gammon served with Roast New Potatoes and Gravy	Southern Style Crunchy Free Range Chicken served with Jeweled Rice	Gluten Free Battered Fish served with Chips
Option 2	Spring Roll served with New Potatoes	Vegetarian Meat(less) Ball Pasta (Ve)	Vegetarian Bubble and Squeak served with Gravy	Spinach and Potato Curry served with Jewelled Rice	Cheese and Tomato Whirl served with Chips
Option 3	Jacket Potato served with Cheese, Tuna Mayonnaise, Baked Beans (Ve) or Coleslaw	Jacket Potato served with Cheese, Tuna Mayonnaise, Baked Beans (Ve) or Coleslaw	Tomato and Basil Pasta (Ve)	Jacket Potato served with Cheese, Tuna Mayonnaise, Baked Beans (Ve) or Coleslaw	Tomato and Sweetcorn Pasta (Ve)
Vegetables	Broccoli Sweetcorn	Peas Carrots	Butternut Squash Green Beans	Carrots Sweetcorn	Garden Peas Baked Beans
Dessert	Oaty Cookie (Ve)	Gluten Free Chocolate Sponge with Custard	Fruit Salad (Ve)	Apple Crumble (Ve) with Custard	Fruit Slushy (Ve)

WEEK 2

10/01, 31/01,
28/02, 21/03

	Monday.	Tuesday.	Wednesday.	Thursday.	Friday.
Option 1	Roasted Vegetable Tart served with New Potatoes	Pork Sausage served with Mashed Potato and Gravy	Hot Free Range Chicken Wrap served with Potato Wedges	Organic Beef Chilli Con Carne served with Steamed Rice	Fish Fingers or Salmon Fish Fingers served with Chips
Option 2	Cowboy Vegetarian Sausage Casserole served with New Potatoes (Ve)	Crispy Potato topped Veggie Pie (Ve)	Cauliflower Cheese Croquettes served with Potato Wedges	Sweet Chilli Quorn served with Steamed Rice	Vegetable Nuggets served with Chips (Ve)
Option 3	Neapolitan Pasta (Ve)	Jacket Potato served with Cheese, Tuna Mayonnaise, Baked Beans (Ve) or Coleslaw	Jacket Potato served with Cheese	Jacket Potato served with Cheese, Tuna Mayonnaise, Baked Beans (Ve) or Coleslaw	Cheesy Tomato Pasta
Vegetables	Sweetcorn Broccoli and Cauliflower	Garden Peas Cabbage	Medley of Vegetables	Green Beans Carrots	Garden Peas Baked Beans
Dessert	Peach Slices with Ice Cream	Chocolate Rice Krispie Cake (Ve)	Spiced Oat Biscuit (Ve)	Banana Cake with Custard	Fruit Slushy (Ve)

WEEK 3

17/01, 07/02,
07/03, 28/03

	Monday.	Tuesday.	Wednesday.	Thursday.	Friday.
Option 1	Cheese and Tomato Pizza served with Potato Wedges	Organic Beef Bolognaise Pasta Bake	Roast Chicken served with Stuffing, Roast Potatoes and Gravy	Mild Free Range Chicken Curry served with Steamed Rice	Cod Fishcake served with chips
Option 2	Vegetable Pizza served with Potato Wedges	Fajita Pasta (Ve)	Vegetarian Sausage served with Stuffing, Roast Potatoes and Gravy (Ve)	Mild Vegetable Curry served with Steamed Rice (Ve)	BBQ Bean Wrap served with Chips
Option 3	Pesto Pasta (Ve)	Jacket Potato served with Cheese, Tuna Mayonnaise, Baked Beans (Ve) or Coleslaw	Macaroni Cheese	Jacket Potato served with Cheese, Tuna Mayonnaise, Baked Beans (Ve) or Coleslaw	Jacket Potato served with Cheese, Tuna Mayonnaise, Baked Beans (ve) or Coleslaw
Vegetables	Garden Peas Carrots	Sweetcorn Broccoli	Cabbage Green Beans	Carrots Sweetcorn	Garden Peas Baked Beans
Dessert	Fruity Jelly (Ve)	Zesty Orange Drizzle Cake	Fruit Salad (Ve)	Flapjack (Ve)	Fruit Slushy (Ve)



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

THIS MENU SUPPORTS:



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.