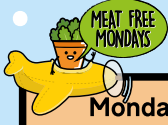


ST MARY'S AND ST PETER'S PRIMARY SCHOOL

WINTER 2022

WEEK 1

05/09, 26/09/, 17/10,
14/11, 05/12



Option 1

Cheese and Tomato Pizza served with Potato Wedges

Tuesday.

Savoury Organic Beef Mince served with New Potatoes

Wednesday.

Roast Pork served with Roast Potatoes and Gravy

Thursday.

Chinese 5 Spice Free Range Chicken served with Steamed Rice

Friday.

Fish Fingers served with Chips

Option 2 V Vegetarian

Rainbow Pizza served with Potato Wedges

Red Pepper Quiche served with New Potatoes

Roast Quorn served with Roast Potatoes and Gravy

Vegetarian Quesadilla

Vegetable Fingers served with Chips (Ve)

Option 3

Tomato and Basil Pasta (Ve)

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

Spicy Tomato Pasta (Ve)

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

Red Pepper and Mascarpone Pasta

Vegetables

Carrots
Green Beans

Broccoli
Sweetcorn

Steamed Cabbage
Garden Peas

Sweetcorn
Carrots

Garden Peas
Baked Beans

Dessert

Shortbread Finger (Ve)

Iced Carrot Cake

Fruit Salad (Ve)

Apple Flapjack Crumble (Ve) with Custard

Fruit Slushy (Ve)

WEEK 2

12/09, 03/10, 31/10,
21/11, 12/12

Option 1

Macaroni Cheese

Tuesday.

Chicken Goujon served with New Potatoes

Wednesday.

Hot Dog served with Potato Wedges

Thursday.

Organic Beef Tortilla Stack

Friday.

Gluten Free Breaded Fish served with Chips

Option 2 V Vegetarian

Vegetable Plait served with New Potatoes

Vegetable Frittata served with New Potatoes

Veggie Hot Dog served with Potato Wedges (Ve)

Lentil and Vegetable Curry served with Steamed Rice (Ve)

Cheese and Onion Pasty served with Chips

Option 3

Broccoli Pasta (Ve)

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

Cheesy Tomato Pasta

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

Fajita Pasta (Ve)

Vegetables

Cauliflower
Garden Peas

Carrots
Sweetcorn

Green Beans
Steamed Cabbage

Medley of Vegetables

Sweetcorn
Baked Beans

Dessert

Flapjack (Ve)

Apple Sponge with Custard

Fruit Salad (Ve)

Chocolate Cake with Chocolate Custard

Fruit Slushy (Ve)

WEEK 3

19/09, 10/10,
07/11, 28/11

Option 1

Vegan Sausage Roll served with New Potatoes (Ve)

Tuesday.

Chicken and Sweetcorn Pizza served with Potato Wedges

Wednesday.

Roast Free Range Chicken Thigh served with Stuffing, Roast Potatoes and Gravy

Thursday.

Organic Beef Bolognese served with Spaghetti

Friday.

Fish Fingers or Salmon Fish Fingers served with Chips

Option 2 V Vegetarian

Vegetable Korma served with Steamed Rice

Cheese and Tomato Pizza served with Potato Wedges

Cauliflower Cheese and Potato Bake served with Roast Potatoes

Veggie Bolognese served with Spaghetti (Ve)

Vegetable Nuggets served with Chips (Ve)

Option 3

Tomato and Basil Pasta (Ve)

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

Pesto Pasta (Ve)

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

Macaroni Cheese

Vegetables

Sweetcorn
Carrots

Medley of Vegetables

Carrots
Garden Peas

Cauliflower
Green Beans

Garden Peas
Baked Beans

Dessert

Chocolate and Beetroot Brownie

Banana and Sultana Cake

Fruit Salad (Ve)

Jam Tart (Ve) with Custard

Fruit Slushy (Ve)



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.

THIS MENU SUPPORTS:

