

# ST MARY AND ST PETER'S PRIMARY SCHOOL

WINTER 2023

## WEEK 1

04/09/23, 25/09/23,  
16/10/23, 13/11/23,  
04/12/23

### Option 1

Cheese Whirl  
with New Potatoes

### Tuesday.

Chinese Chicken  
with Rice

### Wednesday.

Roast Turkey with Roast  
Potatoes and Gravy

### Thursday.

Beef Lasagne  
with Garlic Bread

### Friday.

Fish Fingers with Chips  
and Tomato Ketchup

### Option 2 V Vegetarian

Vegetable Frittata with  
New Potatoes

Sweet Chilli Vegetable  
Stir Fry (Ve)

Roast Quorn with Roast  
Potatoes and Gravy

Vegetable Lasagne with  
Garlic Bread

Vegetable Fingers  
with Chips and Tomato  
Ketchup (Ve)

### Option 3

Jacket Potato with a  
choice of Fillings

Tomato and Basil Pasta  
(Ve)

Jacket Potato with a  
choice of Fillings

Pesto Pasta (Ve)

Jacket Potato with a  
choice of Fillings

### Vegetables

Carrots  
Green Beans

Sweetcorn  
Cabbage

Roasted Root Vegetables  
Peas

Carrots  
Sweetcorn

Baked Beans  
Garden Peas

### Dessert

Flapjack (Ve)

Carrot Cake

Fruit Salad (Ve)

Pancake with Warm  
Apple and Berry Sauce

Ice Cream

## WEEK 2

11/09/23, 02/10/23,  
30/10/23, 20/11/23,  
11/12/23

### Option 1

Cheese and Tomato  
Pizza with  
Potato Wedges

### Tuesday.

Minced Beef Pie with  
New Potatoes

### Wednesday.

Pork Sausages with  
Mashed Potato and Gravy

### Thursday.

Greek Chicken Pitta

### Friday.

Breaded Fish with Chips  
and Tomato Ketchup

### Option 2 V Vegetarian

Vegetable Risotto (Ve)

Vegetarian Cottage Pie

Vegetarian Sausages (Ve)  
with Mashed Potato and  
Gravy

Falafel Pitta

Quorn Dippers with Chips  
and Tomato Ketchup (Ve)

### Option 3

Jacket Potato with a  
choice of Fillings

Cheesy Tomato Pasta

Jacket Potato with a  
choice of Fillings

Spicy Tomato Pasta (Ve)

Jacket Potato with a  
choice of Fillings

### Vegetables

Broccoli  
Sweetcorn

Peas  
Carrots

Medley of Vegetables

Carrots  
Sweetcorn

Baked Beans  
Garden Peas

### Dessert

Vanilla Shortbread and  
Raisins (Ve)

Vanilla Sponge (Ve) with  
Custard

Fruit Salad (Ve)

Chocolate Brownie with  
Chocolate Custard

Orange Jelly (Ve)

## WEEK 3

18/09/23, 09/10/23,  
06/11/23, 27/11/23,  
18/12/23

### Option 1

Vegetarian Sausage  
Roll with  
New Potatoes(Ve)

### Tuesday.

Hot Chicken Bap with  
Potato Wedges

### Wednesday.

Roast Chicken with Roast  
Potatoes and Gravy

### Thursday.

Beef Pasta Bolognaise

### Friday.

Fish Fingers with Chips  
and Tomato Ketchup

### Option 2 V Vegetarian

Vegetable Curry with  
Rice (Ve)

Veggie Burger with  
Potato Wedges (Ve)

Cheese Pasty  
with Roast Potatoes

Vegetarian Pasta  
Bolognaise (Ve)

Cheese and Tomato  
Quiche with Chips

### Option 3

Jacket Potato with a  
choice of Fillings

Macaroni Cheese

Jacket Potato with a  
choice of Fillings

Tomato and Basil Pasta  
(Ve)

Jacket Potato with a  
choice of Fillings

### Vegetables

Carrots  
Green Beans

Sweetcorn  
Cauliflower

Carrots  
Peas

Broccoli  
Sweetcorn

Baked Beans  
Garden Peas

### Dessert

Jam and Coconut  
Sponge with Custard

Rice Krispie Cake (Ve)

Fruit Salad (Ve)

Apple Crumble (Ve) with  
Custard

Chocolate Pinwheel  
Cookie

THIS MENU SUPPORTS:



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.

**radish**  
IT'S ALL GOOD

