

# St Mary's - Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 1</b> 29 <sup>th</sup> Aug 26 <sup>th</sup> Sept 24 <sup>th</sup> Oct 21 <sup>st</sup> Nov 19 <sup>th</sup> Dec 16 <sup>th</sup> Jan	Spaghetti Bolognese <i>or</i> Margherita Pizza  Crusty bread Sweetcorn Salsa/Potato Salad Herb Dice Potatoes  Raspberry Ripple Ice Cream & Watermelon Chunks	Breast of Chicken Curry with Boiled Rice & Naan Bread <i>or</i> BBQ Chicken Panini  Tossed Salad & Coleslaw Garden Peas  Chocolate & Pear Sponge with Custard	Roast Loin of Pork <i>or</i> Salmon Tails  Traditional Stuffing/Gravy Carrot & Parsnip and Broccoli Oven Dry Roast & Mashed Potato  Popcorn Cookies with Pear Slices & Black Grapes	Chicken Goujons <i>or</i> Chicken Stir Fry  Sweetcorn & Red Pepper Homemade Chilli Diced Potatoes  Frozen Smoothies & Fresh Fruit	Fish Fingers <i>or</i> Burger in a Bap Tossed Salad Baked Beans Chipped Potato/Baked Potato  Fresh Fruit Selection & Yoghurts
<b>WEEK 2</b> 5 <sup>th</sup> Sept 3 <sup>rd</sup> Oct 31 <sup>st</sup> Oct 28 <sup>th</sup> Nov 26 <sup>th</sup> Dec 23 <sup>rd</sup> Jan	Oven Baked Sausages <i>or</i> Homemade Chilli Chicken  Savoury Noodles Baked Beans/Tossed Salad Mashed Potatoes  Arctic Roll with Sliced Peaches	Breaded Fish Fillets <i>or</i> Lasagne & Crusty bread  Sweetcorn & Peas/ Asian Slaw Mashed Potato  Pineapple Chunks Frozen Yoghurt	Roast Breast of Chicken <i>or</i> Salmon Tails  Traditional Stuffing/Gravy Savoy cabbage/Diced Carrots Oven Roast Dry & Mashed Potato  Chocolate Brownie with Raspberry Milkshake	Chicken Tikka with Boiled Rice & Naan Bread, Garden Peas <i>or</i> Chicken & Cheese Panini  Herb Dice Garden Peas Baked Potato Tossed Salad  Apple Sponge & Custard	Steak Burger & Bap <i>or</i> French Bread Pizza  Chipped/Baked Potato Tossed Salad Coleslaw  Flakemeal Biscuit & Fruit Chunks
<b>WEEK 3</b> 12 <sup>th</sup> Sept 10 <sup>th</sup> Oct 7 <sup>th</sup> Nov 5 <sup>th</sup> Dec 2 <sup>nd</sup> Jan 30 <sup>th</sup> Jan	Fish Fingers <i>or</i> Irish Stew & Wheaten Bread  Baked Beans/Sweetcorn Mashed Potato Tossed Salad  Sponge filled with Yoghurt & Fruit	Breast of Chicken Curry & Rice, Naan Bread Garden Peas <i>or</i> Beef Burger & Gravy Potatoes Salad Selection  Frozen Yoghurt & Fresh Fruit Selection	Steak Burger with Bap <i>or</i> Vegetable Pasta Bake  Tossed Salad/Coleslaw Chips Baked Potato  Flakemeal Biscuits & Fresh Fruit Chunks	Roast Gammon <i>or</i> Salmon Tails  Traditional Stuffing, Gravy Baton Carrots/Broccoli Oven Dry Roast & Mashed Potatoes  Rice Pudding and Melody of Fruit	Breaded Chicken Goujons <i>or</i> Spicy Chicken in a Warm Tortilla Wrap  Pasta Salad Sweetcorn, Homemade Chilli Wedges  Vanilla Ice Cream, Pears, & Chocolate Sauce
<b>WEEK 4</b> 19 <sup>th</sup> Sept 17 <sup>th</sup> Oct 14 <sup>th</sup> Nov 12 <sup>th</sup> Dec 9 <sup>th</sup> Jan 6 <sup>th</sup> Feb	Spaghetti Bolognese with Crusty Bread <i>or</i> Tuna or Chicken & Sweetcorn Wrap  Tossed Salad  Honey Dew Melon Wedges and Ginger Cookie	BUFFET: Selection of Sandwiches (Chicken/Cheese/Tuna) Fish Bite Pizza Fingers Cocktail Sausages Carrot Sticks  Fruit Muffin & Milkshake	Roast Beef <i>or</i> Salmon Tails  Traditional Stuffing/Gravy Cauliflower Cheese Fresh Diced Carrots Oven Dry Roast & Mashed Potato  Chocolate Brownie and Banana chunk	Breast of Chicken Curry with Boiled Rice & Naan Bread, <i>or</i> Beef Burger & Gravy  Garden Peas Mashed Potato  Fruit Crumble & Custard	Breaded Chicken Bites <i>or</i> Chicken and Cheese Panini  Baked Beans Chipped/Baked Potato Tossed Salad/Coleslaw  Jelly, Ice Cream & Fresh Fruit

*Breads  
Milk, Water  
A Choice of Fresh  
Fruit & Yoghurt  
Available Daily*

*If you require any  
additional  
information on  
Allergens or  
Special Diets,  
please contact  
the School to  
complete a  
Special Diets  
Application Form*

*Potatoes/Gravy/  
Pasta  
Available Daily*

