

St Marys Spring Summer 2021 (CYCLE 15)



School Food Standards Compliance Key

	Monday - MEAT FREE	Tuesday	Wednesday	Thursday - ALLERGY AWARE	Friday	
WEEK 1	Macaroni Cheese	Chicken Pasta Bake (W)	Roast Turkey with Stuffing, Roast Potatoes and Gravy	Beef Chillli Con Carne with Rice (C) (W)	Fish Fingers with Tomato Sauce and Chips	VEGETARIAN NON-DAIRY X 3 MIN
	Jacket Potato with Tuna Mayonnaise or Cheese	Roasted Pepper and Sweetcorn Pizza with Potato Wedges (W) (C)	Vegetable and Chick Pea Wellington with Roast Potatoes and Gravy (C)	Tomato and Basil Pasta (W) (C) (Ve)	Cheese and Tomato Quiche (W)	PASTRY X 2 MAX
		Jacket Potato with Tuna Mayonnaise	Hot Turkey Bap with Roast Potatoes	Jacket Potato with Beef Chillli	Fish Finger Bap with Chips	
	BBQ Beans or Sweetcorn	Green Beans and Crunchy Coleslaw	Carrots and Cauliflower	Broccoli and Roasted Vegetables	Baked Beans and Garden Peas	50:50 FRUIT DESSERT X 2 MIN
	Pineapple Cake with Custard (W) (A)	Apple Crumble with Custard (W) (A)	Chocolate Mousse	Fruity Jelly with Ice Cream (A)	Butterscotch Cookie (W)	50:50 WHOLEGRAIN X2 MIN
Seasonal Fruit Platter, Fresh Bread and Easiyo Yoghurt available Daily						STARCH COOKED IN OIL X 2 MAX
WEEK 2	Cheese and Tomato Pizza with a Half Jacket Potato (W) (C)	Stir Fried Chicken and Vegetable Noodles (C)	Boneless Crispy Coated Chicken Thigh and Jacket Wedges	Beef Bolognaise with Pasta Twists (W) (C)	Fish Fingers with Tomato Sauce and Chips	PROCESSED MEAT PRODUCTS X1 MAX
	Roasted Vegetable Pasta Bake (W) (C)	Vegetable Pasty with Potato Salad (C) (W)	Cheese and Summer Vegetable Wrap with Jacket Wedges (C)	Vegetable Curry with Rice (W) (C) (Ve)	Potato, Carrot and Tomato Frittata (Like a Spanish Omelette) with Chips	
	Jacket Potato with Baked beans	Tuna Mayonnaise Baguette	Boneless Crispy Chicken Thigh Bap	Jacket Potato with Beef Bolognaise or Vegetable Curry	Jacket Potato with Baked Beans	
	Green Beans and Cauliflower	Baked Beans or Crunchy Coleslaw	Sweetcorn and Broccoli	Carrots and Courgettes	Garden Peas and Baked Beans	
	Chocolate and Beetroot Brownie	Peach Sponge with Custard (A) (W)	Strawberry Mousse	Orange Fruity Jelly with Ice Cream (A)	Fruity Flapjack (W) (A)	
Seasonal Fruit Platter, Fresh Bread and Easiyo Yoghurt available Daily						
WEEK 3	Vegetable Bolognaise with Pasta Twists (W) (C) (Ve)	Beef Lasagne (C)	Chicken Sausages with Mash and Gravy	Sticky Texas Style Chicken with Rice (W)	Fish Fingers or Salmon Fish Fingers with Tomato Sauce and Chips	
	Cheese and Tomato Calzone (C) (W)	Vegetable Chillli with Rice (W) (C) (Ve)	Vegetable Cottage Pie (Ve) (C)	Stir Fried Vegetable Noodles (C)	Mushroom Quiche (W)	
	Jacket Potato with Tuna Mayonnaise or Vegetable Bolognaise	Cheese and Tomato Baguette	Chicken Sausage Hot Dog with Tomato Sauce and Potato Salad	Jacket Potato with Texas Style Chicken or Cheese	Fish Finger Wrap with Chips	
	Mixed Salad and Roasted Vegetables	Coleslaw and Cauliflower	Carrots and Green Beans	Broccoli and Sweetcorn	Baked Beans and Garden Peas	
	Chocolate Sponge with Chocolate Sauce (W)	Carrot Cake with Custard (W)	Lemon Mousse	Strawberry Fruity Jelly and Ice Cream (A)	Raisin Shortbread with Fruit Slices (W) (A)	
Seasonal Fruit Platter, Fresh Bread and Easiyo Yoghurt available Daily						

**Meat Free Monday** - Self Explanatory. See Information sheet for more information as to why we have chosen to offer this on our menus

**Thursday - Allergy Aware** - In order for all pupils to feel included, we have reduced the use of the 14 EU allergens on our Thursday menus. Note: GF bread roll still required for the burger W3D4 and do not serve ice cream with the jelly for milk allergies W1D4. Serve Baked Beans with Jacket Potatoes for any children with any of the 14 EU allergens