St Mary of the Angels Catholic Primary School Menu

WEEK A - 05/01, 26/01, 23/02 & 16/03

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Pasta with Tomato Sauce (G-w)	Chicken Curry with Steamed 50/50 Rice Green Beans Naan Bread (G-w)	Beef Lasagne Mixed Salad (G-w,M,Mu)	Chicken Sausages or Pork Sausages with Mashed Potatoes, Carrots & Peas and Gravy (G-w,Su,M)	Fish Fingers (F,G-w) Served with Chips, Peas or Baked Beans
Vegetarian Dish	Baked Potato with Baked Beans	Chickpea Curry with Spinach Naan Bread (G-w)	Macaroni Cheese (G-w,M,Mu) with Salad	Vegetable Sausages with Gravy Carrots & Peas	Breaded Vegetable Fingers, Served with Chips, Peas or Baked Beans (G-w)
Salad Bar	Plain Pasta (G-w) Cucumber, Tomato Grated Cheese (M) Mixed Salad Peppers Sweetcorn	Plain Pasta (G-w) Cucumber, Tomato Grated Cheese (M) Mixed Salad Peppers Sweetcorn	Plain Pasta (G-w) Cucumber, Tomato, Tuna Mayo (G-w,E,Mu) Grated Cheese (M) Mixed Salad Peppers Sweetcorn	Plain Pasta (G-w) Cucumber, Tomato Grated Cheese (M) Mixed Salad Peppers Sweetcorn	Plain Pasta (G-w) Cucumber, Tomato Grated Cheese (M) Mixed Salad Peppers Sweetcorn
Dessert	Sponge & Custard (G-w,E,M)	Fresh Fruit or Yoghurt (M)	Fruit Salad	Biscuit with Orange Wedge (G-w) or Fresh Fruit	Ice Cream (M)
Drink	Water and Milk	Water and Milk	Water and Milk	Water and Milk	Water and Milk

Allergen Coding: Fish(F)- Peanuts(P)- Soya beans(Sb)- Milk(M)- Nuts(N)- Celery(Ce)- Mustard(Mu)- Sesame(Se)- Sulphite(Su)- Lupin(L)- Molluscs(Mo) Eggs(E)- Crustaceans(Cr) Cereals containing gluten – (G-w)- Wheat (G-b) Barley (G-o) Oats

St Mary of the Angels Catholic Primary School Menu

WEEK B - 12/01, 02/02, 02/03 & 23/03

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Spaghetti Meatballs	Cheese Tomato Pizza with Garlic Bread (G-w,M)	Chicken Noodles with Vegetables (G-w,E,Sb)	Roast Beef with Gravy served with Roast Potatoes, Peas & Carrots	Fish Fingers (F,G-w) Chips &Baked Beans
Vegetarian Dish	Roasted Vegetable & Potato Omelette (E,M)	Baked Potatoes with Baked Beans	Vegetable Noodles Quorn with Vegetables (G-w,E,Sb)	Roast Vegetables with Tomato Sauce & Pasta (G-w)	Vegetable Spring Rolls (G-w,Ce,M,Sb,E) served with Rice or Chips & Baked Beans
Salad Bar	Plain Pasta (G-w) Cucumber, Tomato Grated Cheese (M) Mixed Salad Peppers Sweetcorn	Plain Pasta (G-w) Cucumber, Tomato Grated Cheese (M) Mixed Salad Peppers Sweetcorn	Plain Pasta (G-w) Cucumber, Tomato, Tuna Mayo (G-w,E,Mu) Grated Cheese (M) Mixed Salad Peppers Sweetcorn	Plain Pasta (G-w) Cucumber, Tomato Grated Cheese (M) Mixed Salad Peppers Sweetcorn	Plain Pasta (G-w) Cucumber, Tomato Grated Cheese (M) Mixed Salad Peppers Sweetcorn
Dessert	Flapjacks (G-o) or Fresh Fruit	Cheesecake with Fresh Strawberry Topping (G-w,M) or Fresh Fruit	Fresh Fruit Salad	Yoghurt (M) Fresh Fruit	Ice Cream (M) or Fresh Fruit
Drink	Water and Milk	Water and Milk	Water and Milk	Water and Milk	Water and Milk

Allergen Coding: Fish(F)- Peanuts(P)- Soya beans(Sb)- Milk(M)- Nuts(N)- Celery(Ce)- Mustard(Mu)- Sesame(Se)- Sulphite(Su)- Lupin(L)- Molluscs(Mo) Eggs(E)- Crustaceans(Cr) Cereals containing gluten – (G-w)- Wheat (G-b) Barley (G-o) Oats

St Mary of the Angels Catholic Primary School Menu

WEEK C – 19/01, 09/02 & 09/03

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Pasta with Tomato Sauce (G-w,Ce) served with Sweetcorn or Baked Potato served with Tuna (F,E,Mu) or Salmon Mayo (F,E,Mu) & Sweetcorn	Chicken Burger in a Bun (G-w) served with Potato Wedges & Salad	Beef Stew (Ce) Served with Mashed Potato (M) and Green Beans	Roasted Lemon & Herb Chicken served with 50/50 Steamed Rice and Broccoli	Fish Fingers (F,G-w) served with Chips, Baked Beans or Peas
Vegetarian Dish	Baked Potato served with Baked Beans & Sweetcorn	Veggie Burger in a Bun (G-w) served with Potato Wedges & Salad	Roasted Vegetable, Lentil & Tomato Sauce served with Pasta (G-w,Ce)	Lentil & Spinach Curry served with 50/50 Steamed Rice	Vegetable Spring Roll (G-w,Ce,M,Sb,E) served with Chips, Steamed Rice & Baked Beans
Salad Bar	Plain Pasta (G-w) Cucumber, Tomato Grated Cheese (M) Mixed Salad Peppers Sweetcorn	Plain Pasta (G-w) Cucumber, Tomato Grated Cheese (M) Mixed Salad Peppers Sweetcorn	Plain Pasta (G-w) Cucumber, Tomato, Tuna Mayo (G-w,E,Mu) Grated Cheese (M) Mixed Salad Peppers Sweetcorn	Plain Pasta (G-w) Cucumber, Tomato Grated Cheese (M) Mixed Salad Peppers Sweetcorn	Plain Pasta (G-w) Cucumber, Tomato Grated Cheese (M) Mixed Salad Peppers Sweetcorn
Dessert	Chocolate & Beetroot Brownies (G-w,E,M) or Fresh Fruit	Fruit Salad	Yoghurt (M) Or Fresh Fruit	Apple Crumble & Custard (G-o,G-w,M) or Fresh Fruit	Ice Cream (M) or Fresh Fruit
Drink	Water and Milk	Water and Milk	Water and Milk	Water and Milk	Water and Milk

Allergen Coding: Fish(F)- Peanuts(P)- Soya beans(Sb)- Milk(M)- Nuts(N)- Celery(Ce)- Mustard(Mu)- Sesame(Se)- Sulphite(Su)- Lupin(L)- Molluscs(Mo) Eggs(E)- Crustaceans(Cr) Cereals containing gluten – (G-w)- Wheat (G-b) Barley (G-o) Oats