

St. Mary's School Menu Autumn/Winter 2020/2021

W/C 31 Aug / 21 Sept / 12 Oct / 9 Nov / 30 Nov / 4 Jan / 25 Jan / 22 Feb / 15 March

WEEK 1	'Meat Free' MONDAY	TUESDAY	WEDNESDAY	THURSDAY	'Fish' FRIDAY
MAIN COURSE (Red)	Loaded Cheese & Tomato Pizza with Potato Wedges served with Sweetcorn & Carrots	Cumberland Pork Sausages with Mashed Potato served with Baked Beans or Sweetcorn	Roast Chicken with Sage and Onion Stuffing served with Carrot Batons, Green Beans, Roast Potatoes and Gravy	Pasta Bolognese served with Broccoli Florets and Chopped Salad	Fish Fingers with Oven Baked Chips served with Crushed Peas & Baked Beans
VEGETARIAN (Green)	Macaroni Cheese with Homemade Bread served with Sweetcorn & Carrots	Glamorgan Sausages with Crisply Herb Potatoes served with Baked Beans and Sweetcorn	Quorn Fillet with Sage and Onion Stuffing served with Carrot Batons, Green Beans, Roast Potatoes and Gravy	Mediterranean Pasta Bake served with Chopped Salad	Vegetable Fingers with Oven Baked Chips served with Crushed Peas & Baked Beans
JACKET POTATO (Yellow)	Jacket Potato with Beans	Jacket Potato with Cheese	Jacket Potato with Tuna	Jacket Potato with Cheese	Jacket Potato with Beans
DESSERT	Chocolate Cookie	Yoghurt	Rainbow Cake	Cheese & Biscuits with Apple Slices	Butterscotch Muffin

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W/C 7 Sept / 28 / Sept / 19 Oct / 16 Nov / 7 Dec / 11 Jan / 1 Feb / 1 March / 22 March

WEEK 2	'Meat Free' MONDAY	TUESDAY	WEDNESDAY	THURSDAY	'Fish' FRIDAY
MAIN COURSE (Red)	Vegan Sausage Roll and Potato Wedges served with Baked Beans & Garden Peas	Pork Meatballs served in a Roll with Sweetcorn and Broccoli Florets	Pulled Pork & Gravy filled Yorkshire Pudding served with Stuffing, Roast Potatoes Broccoli Florets, Spring Cabbage	Breaded Chicken Goujons with Katsu Sauce & Rice served with Garden Peas and Sweetcorn	Salmon & Sweet Potato Fishcake with Potato Wedges served with Coleslaw and Chefs Salad
VEGETARIAN (Green)	Southern Style Quorn Burger and Potato Wedges served with Baked Beans & Garden Peas	Vegetarian French Bread Pizza with Sweetcorn and Broccoli Florets	Quorn Sausage Roll served with Broccoli Florets and Spring Cabbage	Vegetable Biryani and a Mini Naan Bread served with Garden Peas and Sweetcorn	Vegan Nuggets with Potato Wedges served with Coleslaw and Chefs Salad
JACKET POTATO (Yellow)	Jacket Potato with Beans	Jacket Potato with Cheese	Jacket Potato with Tuna	Jacket Potato with Cheese	Jacket Potato with Beans
Dessert	Oat- Flake Shortbread	Cheese & Biscuits with Fresh Grapes	Yoghurt	Apple Muffin	Twelve15 Lemon Shortbread

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w/c 14 Sept / 5 Oct / 2 Nov / 23 Nov / 14 Dec / 18 Jan / 8 Feb / 8 March / 29 March

WEEK 3	'Meat Free' MONDAY	TUESDAY	WEDNESDAY	THURSDAY	'Fish' FRIDAY
MAIN COURSE (Red)	<i>'Veggie Brunch'</i> Mini Omelette Vegetarian Sausage served with Hash Browns and Baked Beans	BBQ Chicken Wrap served with Chefs Salad	Roast Gammon served with Roast Potatoes, Cauliflower, Broccoli and Gravy	Beef & Gravy Filled Yorkie with Mashed Potato served with Sweetcorn and Carrot Batons	Tempura Vinegar Infused Pollock Goujons with Curly Fries, Garden Peas and Sweetcorn
VEGETARIAN (Green)	Quornish Pasty with Herby Diced Potatoes served with Baked Beans	Quorn Pieces in a Tomato Sauce served with Rice & Chefs Salad	Vegetable Lasagne served with Cauliflower and Broccoli	Cauliflower & Broccoli Cheese with a Yorkie and Mashed Potato served with Sweetcorn and Carrot Batons	Sweet Potato Whirl with Curly Fries, Garden Peas and Sweetcorn
JACKET POTATO (Yellow)	Jacket Potato with Beans	Jacket Potato with Cheese	Jacket Potato with Tuna	Jacket Potato with Cheese	Jacket Potato with Beans
Dessert	Watermelon Slices	Yoghurt	Ginger Biscuit	Cheese & Biscuits	Chocolate Muffin