

PRIMARY MENUS from September 2017 to July 2018 St Marys CE Primary

Week commencing - 4/9/17, 25/9/17, 16/10/17, 13/11/17, 4/12/17, 8/1/18, 29/1/18, 26/2/18, 19/3/18, 23/4/18, 14/5/18, 11/6/18, 27/7/18, 23/7/18.

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Traditional Meal of the Day	All Day Breakfast Bacon, Sausage, Hash Brown, Scrambled Egg, ½ Sliced Bread	Spaghetti Bolognaise Crusty Roll	Roast Turkey with Stuffing Creamed Potatoes	Sweet Chilli Chicken Fillet with Rice	Fishfingers Chips
Vegetarian Option	Homemade Frittata	Quorn Sausage Jacket Wedges	Vegetarian Burger	Crispy Quorn Fajitas With Salad	Homemade Pasta Served with Crusty Roll and Side Salad
Accompaniments	Baked Beans Mushrooms	Sweetcorn Peas	Broccoli Baton Carrots Gravy	Green Beans Sweetcorn	Mixed Vegetables Tomato Sauce
Salad Bar Selection	Daily Selection of Salad Items	Daily Selection of Salad Items	Daily Selection of Salad Items	Daily Selection of Salad Items	Daily Selection of Salad Items
Desserts - Main	Arctic Roll	Homemade Pineapple Shortcake with Custard.	Homemade Blueberry Slice	Chocolate Sponge with Chocolate Sauce	Homemade Steamed Treacle Sponge with Custard
Daily Selection of Desserts	Fruit Muffin Yoghurts Fresh Fruit Selection	Raspberry Ripple Ice Cream Yoghurts Fresh Fruit Selection	Yoghurts Fresh Fruit Selection	Raspberry Buns Yoghurts Fresh Fruit Selection	Homemade Cookie Yoghurts Fresh Fruit Selection
Filled Jacket Potatoes / Pasta Bar	Choice of Hot and Cold Fillings	Choice of Hot and Cold Fillings	Choice of Hot and Cold Fillings	Choice of Hot and Cold Fillings	Choice of Hot and Cold Fillings
Bread Basket	Selection of Breads	Selection of Breads	Selection of Breads	Selection of Breads	Selection of Breads

All meals are freshly cooked at the school. All meat is fresh and UK sourced from farms within the region. A selection of wholemeal and best of both bread available daily. With the exception of chips, our food is cooked using oven baking and steaming methods. Where requested by schools an alternative to beef is available. Water is available each day. We use seasonal fruits & vegetables.

PRIMARY MENUS From September 2017 to July 2018 St Marys CE Primary

Week Commencing – 11/9/17, 2/10/17, 23/10/17, 20/11/17, 11/12/17, 15/1/18, 5/2/18, 5/3/18, 9/4/18, 30/4/18, 21/5/18, 18/6/18, 9/7/18.

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Traditional Meal of the Day	Pizza Slice Jacket Wedges	Meat & Potato Roast Potatoes Mint Sauce	Roast Gammon With Pineapple Creamed Potatoes	2 Sausages with Homemade Yorkshire Pudding Creamed Potatoes	Fish Chips ½ Slice Bread
Vegetarian Option	Cheese Savoury	Vegetarian Cottage Pie	Vegetarian Burger	Quorn Sausages	Pasta Swirls In Homemade Tomato Sauce with Crusty Roll
Accompaniments	Baked Beans Coleslaw or Green Salad	Sliced Carrots Green Cabbage Gravy	Cauliflower Cheese Garden Peas Gravy	Green Beans Diced Carrot & Swede Gravy	Garden Peas Sweetcorn Tomato Sauce or Parsley sauce
Salad Bar Selection	Daily Selection of Salad Items	Daily Selection of Salad Items	Daily Selection of Salad Items	Daily Selection of Salad Items	Daily Selection of Salad Items
Desserts - Main	Mixed Berry Pudding With Custard	Rice Pudding with Fruit	Frosted Chocolate Shortcake	Arctic Roll	Homemade Lemon Drizzle Sponge with Custard
Daily Selection of Desserts	Sweet Pancake with Sliced Banana or Berries & Toffee Sauce. Yoghurts Fresh Fruit Selection.	Butterfly Buns Yoghurts Fresh Fruit Selection	Yoghurts Fresh Fruit Selection	Caramel Square Yoghurts Fresh Fruit Selection	Homemade Scones with Jam & Cream Yoghurts Fresh Fruit Selection
Filled Jacket Potatoes/ Pasta Bar	Choice of Hot and Cold Fillings	Choice of Hot and Cold Fillings	Choice of Hot and Cold Fillings	Choice of Hot and Cold Fillings	Choice of Hot and Cold Fillings
Bread Basket	Selection of Breads	Selection of Breads	Selection of Breads	Selection of Breads	Selection of breads

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PRIMARY MENUS From September 2017 to July 2018 St Marys CE Primary

Week Commencing – 18/9/17,9/10/17,6/11/17, 27/11/17,18/12/17,22/1/18, 19/2/18,12/3/18,16/4/18,7/5/18,4/6/18,25/6/18,16/7/18.

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Traditional Meal of the Day	Oven Baked Chicken Goujons Chips	Beef Chilli & Rice	Roast Beef With Yorkshire Pudding Creamed Potatoes	Butchers Pork Sausage in a Finger Roll Jacket Wedges	Battered Fish Creamed Potatoes
Vegetarian Option	Southern Style Burger In a Bun	Macaroni Cheese	Quorn Fillet	Vegetarian Pizza	Quorn Sausage with Gravy
Accompaniments	Coleslaw Salad	Garden Peas Sweetcorn	Baton Carrots Broccoli Gravy	Baked Beans Braised Onions	Garden Peas Sliced Carrots Tomato Sauce
Salad Bar Selection	Daily Selection of Salad Items	Daily Selection of Salad Items	Daily Selection of Salad Items	Daily Selection of Salad Items	Daily Selection of Salad Items
Desserts - Main	Homemade Chocolate Sponge with Chocolate Sauce	Jelly & Ice Cream	Iced Fruit Slice	Waffle with Sliced Banana and Chocolate sauce	Homemade Jam & Lemon Sponge with Custard
Daily Selection of Desserts	Homemade Cookies Yoghurts Fresh Fruit Selection.	Homemade Fruit Flapjack Yoghurts Fresh Fruit Selection	Yoghurts Fresh Fruit Selection	Homemade Lemon Muffins Yoghurts Fresh Fruit Selection	Fruit Cheesecake Yoghurts Fresh Fruit Selection
Filled Jacket Potatoes/ Pasta Bar	Choice of Hot and Cold Fillings	Choice of Hot and Cold Fillings	Choice of Hot and Cold Fillings	Choice of Hot and Cold Fillings &	Choice of Hot and Cold Fillings
Bread Basket	Selection of Breads	Selection of Breads	Selection of Breads	Selection of Breads	Selection of Breads

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