

# PRIMARY MENUS from September 2016 to July 2017 St Marys Primary

Week commencing - 05/09/16, 26/09/16, 17/10/16, 14/11/16, 05/12/16, 09/01/17, 30/01/17, 27/02/17, 20/03/17, 24/04/17, 15/05/17, 12/06/17, 03/07/17, 24/07/17

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 Gammon with Pineapple Creamed Potatoes	Chicken Curry Rice Naan Bread	Oven Baked Fish Fingers Chips
Vegetarian Option	Frittata	Pasta Bake	Vegetarian Burger	Vegetarian Curry	Vegetarian Sausage
Accompaniments	Baked Beans Mushrooms	Sweetcorn Green Beans	Cauliflower In Cheese Sauce Baton Carrots	Cauliflower Mixed Vegetables	Peas & 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	Arctic Roll	Mandarin Gateau	Iced Cherry Sponge	Marble Sponge with Chocolate Sauce	Homemade Steamed Treacle Sponge with Custard
Daily Selection of Desserts	Decorated Fruit Muffin Yoghurts Fresh Fruit Selection	Raspberry Ripple Ice Cream Yoghurts Fresh Fruit Selection	Yoghurts Fresh Fruit Selection	Raspberry Or Lemon Burns 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 2016 to July 2017 St Marys Primary

Week Commencing –

12/09/16, 03/10/16, 31/10/16, 21/11/16, 12/12/16, 16/01/17, 06/02/17, 06/03/17, 27/03/17, 01/05/17, 22/05/17, 19/06/17, 10/07/17

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Traditional Meal of the Day	Margarita Pizza Jacket Wedges	Meat & Potato Pie Roast Potatoes Mint Sauce	Roast Turkey with Stuffing Creamed Potatoes	Sausages with Homemade Yorkshire Pudding Creamed Potatoes	Fish Friday Chips ½ Slice Bread
Vegetarian Option	Salmon Goujons	Vegetarian Sausages	Vegetarian Burger	Three Bean Chilli & Rice	Pasta Swirls in Homemade Tomato Sauce with Crusty Roll
Accompaniments	Baked Beans Coleslaw or Green Salad	Sliced Carrots Peas Gravy	Broccoli Sweetcorn Gravy	Cauliflower Savoy Cabbage Gravy	Garden Peas Baton 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	Ginger Sponge with Custard	Rice Pudding with Fruit	Frosted Chocolate Shortcake	Arctic Roll	Fresh Lemon & Orange Sponge with Custard
Daily Selection of Desserts	Mini Doughnuts Yoghurts Fresh Fruit Selection.	Butterfly Buns Yoghurts Fresh Fruit Selection	Yoghurts Fresh Fruit Selection	Rice Crispy Square Yoghurts Fresh Fruit Selection	Strawberry Mousse 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 2016 to July 2017 St Marys Primary

Week Commencing – 19/09/16, 10/10/16, 07/11/16, 28/11/16, 02/12/17, 23/01/17, 13/02/17, 13/03/17, 03/04/17, 08/05/17, 05/06/17, 26/06/17, 17/07/17

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Traditional Meal of the Day</b>	Oven Baked Chicken Chunks Rice BBQ Sauce	Lasagne Crusty Roll	Roast Pork with Yorkshire pudding Apple Sauce Creamed Potatoes	Butchers Pork Sausage in a Finger Roll Jacket Wedges	Battered Fish Chips Tomato Sauce
<b>Vegetarian Option</b>	Southern Style Burger In a Bun	Macaroni Cheese	Quorn Fillet	Vegetarian Pizza	Vegetarian Sausage with Gravy
<b>Accompaniments</b>	Mixed Vegetables	Garden Peas Sweetcorn	Baton Carrots Broccoli Gravy	Baked Beans Braised Onions	Peas Sliced Carrots
<b>Salad Bar Selection</b>	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
<b>Desserts - Main</b>	Homemade Chocolate Sponge With Chocolate Sauce	Jelly & Ice Cream	iced Fruit Slice	Fruit Cheesecake	Caramel Shortcake With Custard
<b>Daily Selection of Desserts</b>	Homemade Cookies Yoghurts Fresh Fruit Selection.	Fruit Flapjack Yoghurts Fresh Fruit Selection	Yoghurts Fresh Fruit Selection	Homemade Muffins Yoghurts Fresh Fruit Selection	Chocolate Mousse Yoghurts Fresh Fruit Selection
<b>Filled Jacket Potatoes/ Pasta Bar</b>	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
<b>Bread Basket</b>	Selection of Breads	Selection of Breads	Selection of Breads	Selection of Breads	Selection of Breads

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