

ALLERGY INFORMATION: If your child has an allergy or intolerance please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child.

Autumn menu 2018

St Mary's

caterlink
feeding the imagination

| | | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|----------------------|---|--|--|--|---|
| Week 1 3/9/18 24/9/18 15/10/18 12/11/18 3/12/18 | Main | Cheese & Tomato Pizza | Cottage Pie with Gravy | Roast Gammon with Roast Potatoes and Gravy | Chicken Curry with Rice | MSC Fish fingers with Chips |
| | Vegetarian | Vegetable Hotpot | Vegetable Fajita with Rice | Quorn Roast with Roast Potatoes and Gravy | Macaroni Cheese with Garlic Slice | Vegetable pasty with Chips |
| | Jacket Potato | Jacket Potato with Tuna mayo or cheese | Jacket Potato with Cheese or beans | Jacket Potato with Tuna mayo or cheese | Jacket Potato with Cheese or beans | Jacket Potato with Cheese or beans |
| | Dessert | Sweetcorn Peas Apple Crumble & Custard Yoghurt Fresh Fruit Platter | Green Beans Carrots Chocolate Cocoa Cookie Yoghurt Fresh Fruit Salad | Carrot Cauliflower Chocolate banana Oaty Square Yoghurt Fresh Fruit Platter | Sweet corn Broccoli Fruit Strudel with Custard Yoghurt Fresh Fruit Salad | Baked Beans Garden Peas Cheese, Biscuits & Apple Yoghurt and Fruit Station |
| Week 2 10/9/18 1/10/18 29/10/18 19/11/18 10/12/18 | Main | Cheese & Tomato Pizza | Sausages & Mash with Gravy | Roast Chicken with Stuffing Roast Potatoes and Gravy | Spaghetti Beef Bolognese | MSC Breaded Fish with Chips |
| | Vegetarian | Lentil & Sweet Potato Curry with Rice | Quorn Mince Bolognese with Spaghetti | Mixed Vegetable Loaf with Roast Potatoes and Gravy | Vegetable lasagne with Garlic Slice | Cheese & Tomato Quiche with Chips |
| | Jacket Potato | Jacket Potato with Tuna mayo or cheese | Jacket Potato with Cheese or beans | Jacket Potato with Tuna mayo or cheese | Jacket Potato with Cheese or beans | Jacket Potato with Cheese or beans |
| | Dessert | Coleslaw Sweet corn Fruit Sponge with Custard Yoghurt Fresh Fruit Platter | Peas Carrots Flapjack Yoghurt Fresh Fruit Chunks | Seasonal vegetables Shortbread Yoghurt Fresh Fruit Salad | Green Beans Carrots Peach Crumble with Custard Yoghurt Fresh Fruit Platter | Baked Beans Garden Peas Cheese, Biscuits & Apple Yoghurt and Fruit Station |
| Week 3 17/9/18 8/10/18 5/11/18 26/11/18 17/12/18 | Main | Cheese & Tomato Pizza | Chicken & Broccoli Pasta Bake | Roast Pork Roast Potatoes and Gravy | Meatballs with Rice | MSC Battered Fish with Chips |
| | Vegetarian | Five Bean Chilli with Rice | Vegetable Frittata | Vegetable Wellington with Roast Potatoes and Gravy | Shepherdess Pie | Bean Burger with Chips |
| | Jacket Potato | Jacket Potato with Tuna mayo or cheese | Jacket Potato with Cheese or beans | Jacket Potato with Tuna mayo or cheese | Jacket Potato with Cheese or beans | Jacket Potato with Cheese or beans |
| | Dessert | Sweet corn Mixed Salad Pear & Ginger Sponge Yoghurt Fresh Fruit Platter | Green Beans Carrots Rice Pudding Yoghurt Fresh Fruit Salad | Savoy Cabbage Sweetcorn Chocolate Brownie Yoghurt Fresh Fruit Chunks | Broccoli Carrots Banana Cake with Custard Yoghurt Fresh Fruit Salad | Baked Beans Garden Peas Cheese, Biscuits & Apple Yoghurt and Fruit Station |

