

St Mary's EN4

	Meat Free MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1: 15 April, 6 May, 17 June, 8 July, 9 September, 30 September, 21 October					
Option 1 - Vegetarian	Quorn Chilli with Rice	Quorn Sausage Hot Dog with Toppers and Wedges	Cheese & Baked Bean Puff with Roast Potatoes	Vegetable Jambalaya	Sweet Potato & Lentil Curry with Rice
Option 2 - Meat/Fish	Margharita Pizza	Pork Sausage with Toppers & Wedges	Roast Gammon with Roast Potates & Gravy	Pasta with Beef Bolognaise with Garlic Bread	Fish Fingers, Chips & Tomato Ketchup
Option 3 - Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato
Vegetables	Mixed Salad & Broccoli	Sweetcorn & Coleslaw	Green Beans & Carrots	Roasted Mediterranean Veg & Sweetcorn	Peas & Baked Beans
Salad & Bread	Daily Salad Bar & Freshly Baked Wholemeal Bread	Daily Salad Bar & Freshly Baked Wholemeal Bread	Daily Salad Bar & Freshly Baked Wholemeal Bread	Daily Salad Bar & Freshly Baked Wholemeal Bread	Daily Salad Bar & Freshly Baked Wholemeal Bread
Dessert	Strawberry Frozen Yoghurt	Orange Jelly & Mandarins	Golden Rice Crispie Cake	Jamacian Pineapple Upside Down Sponge	Chocolate Brownie
Dessert Alternative	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt

WEEK 2: 22 April, 13 May, 3 June, 24 June, 15 July, 16 September, 7 October					
Option 1 - Vegetarian	Vegetable & Chickpea Stir Fry & Rice	Mexican Rice Wrap & Paprika Wedges	Vegetarian Strips with Roast Potatoes & Gravy	Pasta with Tomato & Herb Sauce & Garlic Bread	Cheese & Leek Potato Boats
Option 2 - Meat/Fish	Sweetcorn Pizza & Wedges	Pork Sausage Roll with Paprika Wedges	Roast Pork Loin with Roast Potates & Gravy	Pasta with Beef Bolognaise with Garlic Bread	Fish Fingers, Chips & Tomato Ketchup
Option 3 - Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato
Vegetables	Roasted Mediterranean Veg & Sweetcorn	Peas & Coleslaw	Carrots & Broccoli	Sweetcorn & Mixed Salad	Peas & Baked Beans
Salad & Bread	Daily Salad Bar & Freshly Baked Wholemeal Bread	Daily Salad Bar & Freshly Baked Wholemeal Bread	Daily Salad Bar & Freshly Baked Wholemeal Bread	Daily Salad Bar & Freshly Baked Wholemeal Bread	Daily Salad Bar & Freshly Baked Wholemeal Bread
Dessert	Vanilla Ice Cream	Pear & Chocolate Sponge	Orange Jelly & Mandarins	Scicillian Lemon Drizzle Cake	Apple & Banana Cake
Dessert Alternative	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt

WEEK 3: 29 April, 20 May, 10 June, 1 July, 22 July, 2 September, 23 September, 14 October					
Option 1 - Vegetarian	Cheese & Bean Fajita	Quorn Burger with Cajun Wedges	Tomato & Herb Puff with Roast Potatoes	Macaroni Cheese	Quorn Nuggets with Chips & Tomato Ketchup
Option 2 - Meat/Fish	Margharita Pizza with Wedges	Chicken Meatballs in Tomato Sauce	Roast Chicken, Roast Potatoes & Gravy	Chicken Curry served with Rice	Fish Fingers, Chips & Tomato Ketchup
Option 3 - Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato	Jacket Potato
Vegetables	Sweetcorn & Coleslaw	Peas & Mixed Salad	Carrots & Peas	Curried Cauliflower & Green Beans	Peas & Baked Beans
Salad & Bread	Daily Salad Bar & Freshly Baked Wholemeal Bread	Daily Salad Bar & Freshly Baked Wholemeal Bread	Daily Salad Bar & Freshly Baked Wholemeal Bread	Daily Salad Bar & Freshly Baked Wholemeal Bread	Daily Salad Bar & Freshly Baked Wholemeal Bread
Dessert	Golden Rice Crispie Cake	Apple & Berry Swirl Cake	Orange Jelly & Mandarins	Iced Vanilla Sponge	Chocolate Muffin
Dessert Alternative	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt