

**PRIMARY MENUS from September 2019 to July 2020 St Marys**

Week Com:02/09/2019,16/09/19,30/09/19,14/10/19,04/11/19,18/11/19,02/12/19,16/12/19;13/01/20,27/01/20,10/02/20,02/03/20,16/03/20,30/03/20,27/04/20,11/05/20,25/05/20,08/06/20,22/06/20,06/07/20,20/07/20

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Traditional Meal of the Day</b>	British Pork Frankfurter Hot Dog Bread Roll Homemade Wedges	Beef Strips in Gravy Yorkshire Pudding Creamed Potato	Roast Gammon With Pineapple Creamed Potatoes	All Day Breakfast. Selection of Breakfast Items.	Fish Fingers Chips ( Salmon Fish Finger available)
<b>Vegetarian Option</b>	Homemade Pizza	Quorn Curry Rice and Nann	Oven Baked Quorn Sausage or Quorn Fillet	Homemade Quiche	Pasta Twists in a Homemade Tomato Sauce with Crusty Roll and Side Salad
<b>Accompaniments Seasonal Veg</b>	Sweetcorn Garden Peas Tomato Sauce	Broccoli Carrots	Cauliflower Green Beans Gravy Cheese sauce	Baked Beans Mushrooms	Garden Peas Beetroot Parsley Sauce
<b>Salad Bar Selection And Bread Selection</b>	Daily Selection of Salad Items Daily Bread Selection	Daily Selection of Salad Items Daily Bread Selection	Daily Selection of Salad Items Daily Bread Selection	Daily Selection of Salad Items Daily Bread Selection	Daily Selection of Salad Items Daily Bread Selection
<b>2<sup>nd</sup> Course</b>	Cookie (HM) and Fruit Wedge	Fruit Crumble (HM) with Custard	Chocolate Sponge (HM) Chocolate Sauce	Artic Roll	Raspberry Bun (HM)
<b>Daily Selection</b>	Fruit Yoghurt or Iced Fruit Sorbet Fresh Fruit Selection	Oaty Fruit Flapjack (HM) Fresh Fruit Selection	Homemade Humus with Veg Sticks and Pitta Fresh Fruit Selection	Fruit Yoghurt or Iced Fruit Sorbet Fresh Fruit Selection	Fruity Friday Fresh Fruit Selection
<b>Filled Jacket Potato or Savoury Tray</b>	Jacket Potato with Hot or Cold Filling (V)	Filled Taco (V on request)	Hot Roast Bap  Jacket Potato with Hot or Cold Filling (V)	Breakfast Muffin  (V on request)	Jumbo Fish Finger Roll  Jacket Potato With Hot Or Cold Filling (V)

All meals are freshly cooked in the schools own kitchen.

All meat is fresh and UK sourced from farms within the region.

All homemade desserts have a reduced sugar content. (HM)

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.

Water is available each day.

We use seasonal fruits & vegetables. As well as vegetarian meal of the day, a vegetarian alternative is available. (V)

**PRIMARY MENUS From September 2019 to July 2020 – St Marys**

Week Commencing:

09/09/19,23/09/19,07/10/19,11/11/19,25/11/19,09/12/19,06/01/20,20/01/20,03/02/20,24/02/20,09/03/20,23/03/20,20/04/20,04/05/20,18/05/20,01/06/20,15/06/20,29/06/20,13/07/20

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Traditional Meal of the Day</b>	Homemade Pizza Slice Homemade Oven Baked Wedges	Homemade Meat Pie (Mince Pork) Roast Potatoes,	Roast Pork Apple Sauce and Stuffing Creamed Potatoes	British Oven Baked Pork Sausage Yorkshire Pudding Creamed Potato	Fish Fingers Chips ½ Bread Slice (Salmon alternative available)
<b>Vegetarian Option</b>	Quorn Meatballs & Rice	Southern Style Burger In Wholemeal Bread roll	Macaroni Cheese and Crusty Roll or Quorn Fillet	Quorn & Vegetable Pie.	Penne Pasta In Homemade Tomato Sauce with Crusty Roll and Side Salad
<b>Accompaniments Seasonal Veg</b>	Baked Beans Coleslaw Green Salad	Sliced Carrots Garden Peas Gravy Mint Sauce	Broccoli Sweetcorn Gravy	Cauliflower Savoy Cabbage Gravy	Garden Peas Baton Carrots Tomato Sauce
<b>Salad Bar Selection Bread Selection</b>	Selection of Salad Items Bread Selection	Selection of Salad Items Bread Selection	Selection of Salad Items Bread Selection	Selection of Salad Items Bread Selection	Selection of Salad Items Bread Selection
<b>2<sup>nd</sup> Course</b>	Apple & Raspberry Sponge (HM) with Custard	Jelly with Fruit With Ice cream	Victoria Sponge (HM) with Fruit Wedge	Rice Pudding (HM) With Fruit	Chocolate and Blueberry Brownie (HM)
<b>Daily Selection</b>	Fruit Muffin (HM) Fruit Yoghurt or Iced Fruit Sorbet Fresh Fruit Selection	Fruit Yoghurt or Iced Fruit Sorbet Fresh Fruit Selection	Homemade Humus with Vegsticks and Pitta Bread Fresh Fruit Selection	Homemade Cookie Fruit Yoghurt or Iced Fruit Sorbet Fresh Fruit Selection	Fruity Friday Fresh Fruit Selection
<b>Filled Jacket Potato Pasta Dish Savoury Plate</b>	Filled Jacket Potato with Hot or Cold Filling (V)	Katsu Dipper Naanwich (V on request)	Hot Roast Bap  Filled Jacket Potato with Hot or Cold Filling (V)	Homemade Filled Calzone Pizza (V)	Jumbo Fish Finger Roll  Filled Jacket Potato with Hot or Cold Filling(V)

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