

**PRIMARY MENUS from September 2020 to November 2020 St Mary's**  
**Week commencing: 31/08/2020, 14/09/2020, 28/09/2020, 12/10/20**

<b>WEEK 1</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Traditional Meal of the Day</b>	British Pork Sausage 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	Meatballs in Gravy	Oven Baked Quorn Sausage	Homemade Frittata	Pasta in a Homemade Tomato Sauce with Crusty Roll and Side Salad
<b>Accompaniments Seasonal Veg</b>	Sweetcorn Garden Peas Tomato Sauce	Green Beans Cauliflower	Broccoli and Cauliflower Carrots Gravy Cheese sauce	Baked Beans Mushrooms	Garden Peas Carrots
<b>2<sup>nd</sup> Course</b>	Cookie (HM) and Fruit Wedge Fruit Yoghurt Fresh Fruit Selection	Oaty Fruit Flapjack (HM) Fresh Fruit Selection	Chocolate Sponge (HM)	Cookie Fruit Yoghurt Fresh Fruit Selection	Raspberry Bun (HM)
<b>Filled Jacket Potato</b>	Jacket Potato with Hot or Cold Filling	Jacket Potato with Hot or Cold Filling	Jacket Potato with Hot or Cold Filling	Jacket Potato with Hot or Cold Filling	

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 2020 – November 2020**

Week Commencing: 07/09/2020, 21/09/2020, 05/10/2020, 19/10/2020

<b>WEEK 2</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Traditional Meal of the Day</b>	Homemade Pizza Slice Homemade Oven Baked Wedges	Homemade Meat Pie (Mince Pork) Roast Potatoes,	Roast Chicken Fillet 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>	Southern Style Burger In Wholemeal Bread roll	Quorn Sausage	Quorn Fillet	Vegetarian Meatballs in Gravy	Macaroni Cheese 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>2<sup>nd</sup> Course</b>	Fruit Muffin Fruit Yoghurt Fresh Fruit Selection	Iced Slice Fruit Yoghurt Fresh Fruit Selection	Victoria Sponge (HM) with Fruit Wedge	Homemade Cookie Fruit Yoghurt Fresh Fruit Selection	Chocolate Brownie Fresh Fruit Selection
<b>Filled Jacket Potato Pasta Dish Savoury Plate</b>	Filled Jacket Potato with Hot or Cold Filling (V)	Filled Jacket Potato with Hot or Cold Filling (V)	Filled Jacket Potato with Hot or Cold Filling (V)	Filled Jacket Potato with Hot or Cold Filling (V)	Jumbo Fish Finger Roll

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