

1898-2018

St Mary's School

		Week 1		<u>IBRIDGE</u>
<u>Breakfast</u>				
Mon	Tues	Wed	Thurs	Friday
Cooked	Continental	Cooked	Continental	Cooked
		Lunch		
		Hickory smoke and		
Peri Peri	Spaghetti	honey roast	Sweet and Sour crispy	Tempura cod
chicken	bolognaise	gammon	chicken	
Spinach,		Sunblushed tomato		Stuffed peppers
mushroom and	Veggie bolognaise	and goats cheese	Veg Chow Mein	
tarragon tortilla		quiche		with tomato and
boats				basil sauce
Broccoli	Garlic Bread	Herb and butter new	Savoury herb rice	Chips
Sweetcorn	Peas	potatoes	Prawn cracker	Mushy peas
Lyonnaise		Mangetout	Spring rolls	Peas
potatoes		Carrots		Lemon wedge
		Apple Sauce		Tartare sauce
Pasta & sauce	Panini Bar	Pasta bolognaise	Panini Bar	Pasta & sauce
Garlic bread		Garlic bread		Garlic bread
Jacket potatoes	Jacket potatoes	Jacket potatoes	Jacket potatoes	Jacket potatoes
Beans	Hoops	Beans	Hoops	Beans
Cheese	Cheese	Cheese	Cheese	Cheese
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Selection of fruit	Selection of fruit	Selection of fruit	Selection of fruit	Selection of fruit
Natural yoghurt	Natural yoghurt	Natural yoghurt	Natural yoghurt	Natural yoghurt
Lemon Crumbly	Treacle sponge	Brownie	Fruit salad	Muffins



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		Week 2		
		Breakfast		
Mon	Tues	Wed	Thurs	Friday
Cooked	Continental	Cooked	Continental	Cooked
		Lunch		
	Steak &	Roasted chicken		
Chilli con carne	mushroom pie	and stuffing	Lamb Tagine	Fish of the day
	Gnocchi with		J	
	sunblushed	Wild mushroom		
Lentil and veg	tomatoes, spinach	and red onion	Veg and chickpea	
chilli	and basil	risotto	tagine	Frittata
Tortilla chips	Mash potato	Roast Potatoes	Couscous	Chips
Rice	Peas	Carrots	Broccoli	Peas
Green beans	Gravy	Honey roast	Sweetcorn	Mushy peas
Sweetcorn		parsnip		
Sour cream				
Pasta & sauce	Panini Bar	Pasta & sauce	Panini Bar	Pasta & sauce
Garlic bread				Garlic bread
Garlic bread Jacket potatoes	Jacket potatoes	Jacket potatoes	Jacket potatoes	Garlic bread Jacket potatoes
Garlic bread Jacket potatoes Beans	Jacket potatoes Hoops	Jacket potatoes Beans	Jacket potatoes Hoops	Garlic bread Jacket potatoes Beans
Garlic bread Jacket potatoes Beans Cheese	Jacket potatoes Hoops Cheese	Jacket potatoes Beans Cheese	Jacket potatoes Hoops Cheese	Garlic bread Jacket potatoes Beans Cheese
Garlic bread Jacket potatoes Beans	Jacket potatoes Hoops	Jacket potatoes Beans	Jacket potatoes Hoops	Garlic bread Jacket potatoes Beans
Garlic bread Jacket potatoes Beans Cheese Salad Bar	Jacket potatoes Hoops Cheese Salad Bar	Jacket potatoes Beans Cheese Salad Bar	Jacket potatoes Hoops Cheese Salad Bar	Garlic bread Jacket potatoes Beans Cheese Salad Bar
Garlic bread Jacket potatoes Beans Cheese Salad Bar Selection of fruit	Jacket potatoes Hoops Cheese Salad Bar Selection of fruit	Jacket potatoes Beans Cheese Salad Bar Selection of fruit	Jacket potatoes Hoops Cheese Salad Bar Selection of fruit	Garlic bread Jacket potatoes Beans Cheese Salad Bar Selection of fruit
Garlic bread Jacket potatoes Beans Cheese Salad Bar Selection of fruit	Jacket potatoes Hoops Cheese Salad Bar Selection of fruit	Jacket potatoes Beans Cheese Salad Bar Selection of fruit	Jacket potatoes Hoops Cheese Salad Bar Selection of fruit	Garlic bread Jacket potatoes Beans Cheese Salad Bar Selection of fruit
Garlic bread Jacket potatoes Beans Cheese Salad Bar Selection of fruit	Jacket potatoes Hoops Cheese Salad Bar Selection of fruit Natural yoghurt	Jacket potatoes Beans Cheese Salad Bar Selection of fruit	Jacket potatoes Hoops Cheese Salad Bar Selection of fruit	Garlic bread Jacket potatoes Beans Cheese Salad Bar Selection of fruit



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Week 3						
Breakfast						
Mon	Tues	Wed	Thurs	Friday		
Cooked	Continental	Cooked	Continental	Cooked		
	<u>Lunch</u>					
Toad in the Hole	Lasagne	Roast pork & crackling	Chicken korma	Cajun salmon		
Veggie Toad in the Hole	Veggie Lasagne	Ratatouille Boats	Mushroom and vegetable korma	Sweet potato and butternut squash cassoulet		
Mash Carrots Peas Onion gravy	Broccoli Green beans	Roast potatoes Roasted vegetables Gravy Apple sauce	Rice Poppadom Naan bread Mango chutney	New potatoes Medley of greens		
Pasta & sauce Garlic bread	Panini Bar	Pasta Bar	Panini Garlic bread	Pasta & sauce Garlic bread		
Jacket potatoes Beans	Jacket potatoes Hoops	Jacket potatoes Beans	Jacket potatoes Hoops	Jacket potatoes Beans		
Cheese	Cheese	Cheese	Cheese	Cheese		
Salad Bar Selection of	Salad Bar	Salad Bar	Salad Bar	Salad Bar		
fruit	Selection of fruit	Selection of fruit	Selection of fruit	Selection of fruit		
Yoghurt &	Yoghurt &	Yoghurt &	Yoghurt &	Yoghurt &		
toppings	toppings	toppings	toppings	toppings		
Muffins	Coconut and white chocolate sponge	Cookies	Chocolate tarts	Carrot cake		





Week 4					
<u>Breakfast</u>					
Mon	Tues	Wed	Thurs	Friday	
Cooked	Continental	Cooked	Continental	Cooked	
<u>Lunch</u>					
			Chicken fajita		
Chicken and chorizo jambalaya	Cottage pie	Minted roast lamb	Quorn fajita	Tempura battered cod	
Vegetable and chickpea biryani	Veggie cottage pie	Chickpea and tomato stuffed peppers	Wraps	Spinach & ricotta cannelloni	
Diced potatoes Mangetout Veg spring rolls Pasta & sauce Garlic bread Jacket potatoes Beans Cheese Salad Bar Selection of fruit Natural yoghurt	New potatoes Peas Carrots Panini Bar Jacket potatoes Hoops Cheese Salad Bar Selection of fruit Natural yoghurt	Roast potatoes Broccoli Cauliflower Cheese Gravy Pasta carbonara Garlic bread Jacket potatoes Beans Cheese Salad Bar Selection of fruit Natural yoghurt	Savoury rice Sour cream Guacamole Noodle Bar Jacket potatoes Beans Cheese Salad Bar Selection of fruit Natural yoghurt	Chips Mushy peas Garden peas Pasta & sauce Garlic bread Jacket potatoes Beans Cheese Salad Bar Selection of fruit Natural yoghurt	
Flapjack	Apple and berry crumble	Cola Cake	Strawberry jam sponge	Rice pudding	