



ST MARY'S PRIMARY SCHOOL LUNCH MENU 2019

MEAT-FREE MONDAY

MID-WEEK ROAST

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
	Macaroni Cheese French Bread Vegetables of the day	All Day Brunch Omelette, Sausages, Smiley Faces, Grilled Tomato, Peas & Baked Beans	Roast Turkey, Stuffing, Roast Potatoes, Gravy & Vegetables of the day	Pork Meatballs in tomato sauce, Pasta & Garlic Bread Vegetables of the day	Fish Fingers served with Potato Wedges Baked Beans or Vegetables of the day
Allergens	2, 7, 9	2,4,7	2	1,2,7	2,5
	Jacket Potato & Side Salad served with choice of fillings Baked Beans, Cheese or Tuna Mayo	Jacket Potato & Side Salad served with choice of fillings Baked Beans, Cheese or Tuna Mayo	Jacket Potato & Side Salad served with choice of fillings Baked Beans, Cheese or Tuna Mayo	Jacket Potato & Side Salad served with choice of fillings Baked Beans, Cheese or Tuna Mayo	Jacket Potato & Side Salad served with choice of fillings Baked Beans, Cheese or Tuna Mayo
Allergens	4,5,7,9	4,5,7,9	4,5,7,9	4,5,7,9	4,5,7,9
	Iced Sponge and Fresh Fruit available	Chocolate Sponge & Custard and Fresh Fruit available	Jelly & Cream and Fresh Fruit available	Home-made Biscuit and Fresh Fruit available	Ice Cream or Fruit Yogurt and Fresh Fruit available
Allergens	2,4 (7)	2,4,7	7	2	7,13

If the Hot option or Pudding is not suitable for REGISTERED Allergies/Special Diets, we will be provided an alternative Hot Option and Pudding if requested.



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MEAT-FREE MONDAY

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
	Cheese & Tomato Pizza Garlic Bread Vegetables of the day	Chicken & Veg Pie, Potatoes, Gravy & Vegetables of the day	Sausages & Mashed Potato, Yorkshire Pudding, Gravy & Vegetables of the day	Pasta Bolognese French Bread Vegetables of the day or Side Salad	Fish Fingers served with Chips Baked Beans or Vegetables of the day
Allergens	2,7	1,2	2,4,7	1,2,7	2,5
	Jacket Potato & Side Salad served with choice of fillings Baked Beans, Cheese or Tuna Mayo	Jacket Potato & Side Salad served with choice of fillings Baked Beans, Cheese or Tuna Mayo	Jacket Potato & Side Salad served with choice of fillings Baked Beans, Cheese or Tuna Mayo	Jacket Potato & Side Salad served with choice of fillings Baked Beans, Cheese or Tuna Mayo	Jacket Potato & Side Salad served with choice of fillings Baked Beans, Cheese or Tuna Mayo
Allergens	4,5,7,9	4,5,7,9	4,5,7,9	4,5,7,9	4,5,7,9
	Syrup Sponge & Custard and Fresh Fruit available	Homemade Muffins and Fresh Fruit available	Jelly & Cream and Fresh Fruit available	Homemade Biscuit and Fresh Fruit available	Vanilla Ice Cream or Fruit Yogurt and Fresh Fruit available
Allergens	2,4,7	2,4 (7)	7	2	7,13

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MEAT-FREE MONDAY

MID-WEEK ROAST

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
	Breaded Salmon, Served with mashed potato & peas	Beef Lasagne, Served with Garlic Bread & Vegetables of the day or Side Salad	Roast Gammon, Stuffing, Roast Potatoes, Gravy & Vegetables of the day	Hot dogs Served with diced potatoes Vegetables of the day	Battered White Fish, Served with Chips, Baked Beans or Vegetables of the day
Allergens	2,5 (7)	2,7	2	2	2,5,7,9
	Jacket Potato & Side Salad served with choice of fillings Baked Beans, Cheese or Tuna Mayo	Jacket Potato & Side Salad served with choice of fillings Baked Beans, Cheese or Tuna Mayo	Jacket Potato & Side Salad served with choice of fillings Baked Beans, Cheese or Tuna Mayo	Jacket Potato & Side Salad served with choice of fillings Baked Beans, Cheese or Tuna Mayo	Jacket Potato & Side Salad served with choice of fillings Baked Beans, Cheese or Tuna Mayo
Allergens	4,5,7,9	4,5,7,9	4,5,7,9	4,5,7,9	4,5,7,9
	Jam Sponge & Custard and Fresh Fruit available	Apple Crumble & Custard and Fresh Fruit available	Jelly & Cream and Fresh Fruit available	Homemade Flapjack and Fresh Fruit available	Vanilla Ice Cream or Fruit Yogurt and Fresh Fruit available
Allergens	2,4,7,14	2,7	7	2	7,13

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