

NOVEMBER 2021

[ST MARY'S CATHOLIC VOLUNTARY ACADEMY]

Monday
INSET DAY 1

CHICKEN STRIPS IN A WRAP (V)
VEGETABLE FINGERS IN A WRAP (V)
HERBY POTATOES
BABY CARROTS/BAKED BEANS

MINI JAM DOUGHNUT
FRESH FRUIT/YOGHURTS

BIG BREAKFAST 15

BACON
VEGAN SAUSAGE (V)
HASH BROWN
BAKED BEANS/SWEETCORN.
VANILLA ICECREAM
FRESH FRUIT/YOGHURTS

OVEN BAKED SAUSAGE
QUORN MEATBALLS (V)
MASHED POTATO
BABY CARROTS/BAKED BEANS

STRAWBERRY & VANILLA MOUSSE
FRESH FRUIT/YOGHURTS

BEEFBURGER IN A BUN
VEGAN CHICKEN BURGER
IN A BUN (V)
JACKET WEDGES
SWEETCORN/BAKED BEANS
MINI MUFFIN
FRESH FRUIT/YOGHURTS

Tuesday

HOMEMADE CHEESE & TOMATO
PIZZA (V)
SALMON BITES
POTATO WEDGES
SWEETCORN/SPAGHETTI HOOPS
BLUEBERRY MUFFIN
FRESH FRUIT/YOGHURTS

HOMEMADE CHEESE & TOMATO
PIZZA (V)
SALMON FINGERS
MINI HASH BROWNS
SWEETCORN/SPAGHETTI HOOPS
ORANGE JELLY
FRESH FRUIT/YOGHURTS

HOMEMADE CHEESE & TOMATO
PIZZA (V)
SALMON FISHCAKE
HERBY DICED POTATOES
BABY CARROTS/SPAGHETTI HOOPS
RASPBERRY JELLY
FRESH FRUIT/YOGHURTS

HOMEMADE CHEESE & TOMATO
PIZZA (V)
SALMON BITES
JACKET WEDGES
SWEETCORN/SPAGHETTI HOOPS
OATY FLAPJACK
FRESH FRUIT/YOGHURTS

HOMEMADE CHEESE & TOMATO
PIZZA (V)
SALMON FINGERS
HERBY POTATOES
SPAGHETTI HOOPS/BROCCOLI

BROWNIE SQUARE
FRESH FRUIT/YOGHURTS

Wednesday

ROAST CHICKEN BREAST
QUORN & VEGETABLE PIE (V)
ROAST POTATOES
BABY CARROTS/BAKED BEANS
GRAVY
FRUITY FLAPJACK
FRESH FRUIT/YOGHURTS

STEAK PASRTY SLICE
VEGAN SAUSAGE ROLL. (V)
ROAST POTATOES
BROCCOLI/BAKED BEANS
GRAVY
STRAWBERRY MOUSSE TUB
FRESH FRUIT/YOGHURTS

ROAST PORK
SHEPHERDESS PIE (V)
ROAST POTATOES
BROCCOLI/BAKED BEANS
GRAVY
MINI MUFFIN
FRESH FRUIT/YOGHURTS

MINCE FILLED YORKSHIRE
PUDDING
VEGGIE MINCE FILLED (V)
YORKSHIRE PUDDING
ROAST POTATOES
BROCCOLI/BAKED BEANS
ARCTIC ROLL
FRESH FRUIT/YOGHURT

Thursday

SPAGHETTI BOLOGNESE
MACRONI CHEESE (V)
GARLIC SLICE
BROCCOLI/SPAGHETTI HOOPS

STRAWBERRY JELLY
FRESH FRUIT/YOGHURTS

JERK CHICKEN
CHICKEN STYLE BURGER (V)
RICE & PEAS
RAINBOW VEG/SPAGHETTI HOOPS

CHOCOLATE ORANGE BROWNIE
FRESH FRUIT/YOGHURTS

CHICKEN CURRY
VEGAN MEATBALLS IN GRAVY (V)
RICE
MINI NAAN BREAD
RAINBOW VEG/SPAGHETTI HOOPS
CLEMENTINE SPONGE
FRESH FRUIT/YOGHURTS

STICKY CHICKEN
VEGETABLE LASAGNE (V)
RICE
GARLIC SLICE
RAINBOW VEG/SPAGHETTI HOOPS
ORANGE JELLY
FRESH FRUIT/YOGHURTS

Friday

BATTERED FISH FILLET
VEGGIE GRILL (V)
CHIPS
BAKED BEANS/GARDEN PEAS.
ICECREAM TUB

FRESH FRUIT/YOGHURTS

BATTERED FISH FILLET
QUORN SAUSAGES (V)
CHIPS
BAKED BEANS/GARDEN PEAS

VANILLA COOKIE
FRESH FRUIT POT/YOGHURTS

BATTERED FISH FILLET
VEGE BURGER (V)
CHIPS
BAKED BEANS.
GARDEN PEAS
BUTTERSCOTCH WHIRL
FRESH FRUIT/YOGHURTS

BATTERED FISH FILLET
VEGE GRILL (V)
CHIPS
BAKED BEANS
GARDEN PEAS
MINI JAM DOUGHNUT
FRESH FRUIT/YOGHURTS

JACKET POTATOES AVAILABLE.
PLEASE INFORM THE SCHOOL OFFICE IF YOUR CHILD HAS ANY FOOD ALLERGIES

