

# ST MARY'S AUTUMN 2 MENU



Week 1		Monday	Tuesday	Wednesday	Thursday	Friday
<b>31/10/22</b> <b>21/11/22</b> <b>12/12/22</b>	Option 1 (Meat)	Hot Dog in a Bun	Fishcake	Roast Gammon Gravy	Mild Keema lamb mince	Battered Fish
	Option 2 (Veggie)	Quorn hot dog Sausage in a Bun	BBQ Quorn Fillet	Cheese & Broccoli Flan	Cheese & potato bake	Vegan Nuggets
	Potato	Wedges	Baby	Roast	Pilau Rice & Naan Bread	Chips
	Vegetables	Baked Beans Red Slaw	Broccoli Sweetcorn	Sliced Carrots Cauliflower	Peas Broccoli	Mushy Peas Sweetcorn
	Dessert	Blueberry Muffin	Oat Cookie	Jam Doughnut	Fruit Cocktail & Ice Cream	Cookie

Week 2		Monday	Tuesday	Wednesday	Thursday	Friday
<b>07/11/22</b> <b>28/11/22</b> <b>19/12/22</b>	Option 1 (Meat)	Cheeseburger in a Bun	Chicken Casserole	Cottage Pie	Chicken Stir Fry	Fish Fingers
	Option 2 (Veggie)	Macaroni Cheese	Vegetable Casserole	Quorn Pie	Vegetable Stir Fry	Quorn Dippers
	Potato	Wedges	Mash	Roast	Noodles & Prawn Crackers	Chips
	Vegetables	Spaghetti Hoops Salad	Baby Carrots Cauliflower	Seasonal cabbage Sweetcorn	Broccoli Baton carrots	Baked Beans Sweetcorn
	Dessert	Fruit & Smoothie	Ice Cream Roll	Strawberry Angel Delight	Pineapple upside down cake & cream	Flapjack

Week 3		Monday	Tuesday	Wednesday	Thursday	Friday
<b>14/11/22</b> <b>05/12/22</b>	Option 1 (Meat)	Southern Fried Chicken	Turkey Meatballs in Tomato Sauce	Roast Chicken Gravy	Beef Lasagne	Battered Fish
	Option 2 (Veggie)	Spanish Omelette	Cheese & Tom Pizza	Roast Quorn Fillet Gravy	Vegetable Lasagne	Cheese & Bean Pasty
	Potato	Herby Diced	Pasta	Roast	Garlic Slice	Chips
	Vegetables	Coleslaw BBQ beans	Green beans Sweetcorn	Seasonal Cabbage Carrots	Red Slaw Sweetcorn	Baked Beans Peas
	Dessert	Ice cream	Jam Doughnut	Lemon Drizzle Cake	Trickle Tart and Cream	Cookie

**Available Daily**  
**Fresh cooked Jacket Potatoes – with a choice of fillings as advertised**

**Milk and Water**

**Fresh Bread**

**Fresh Fruit**

## ALLERGY INFORMATION

**If your child has a food allergy or intolerance please complete the allergen paperwork with the school office. This is to ensure that the academy and the kitchen have the correct information to support your child.**

**Our chefs will use a variety of ingredients to accommodate a variety of different meals but due to the nature of the kitchen environment we cant guarantee the removal of cross contamination**