

# St Mary & St Michael's Primary School Lunchtime Menu — October 2011 to April 2012

|                                | Monday  | Tuesday   | Wednesday  | Thursday   | Friday   |
|--------------------------------|---|---|--|--|--|
| Week Beginning                 | Homemade Spaghetti Bolognese                                    | Homemade Lamb Curry served with Rice            | Roast Chicken served with Roast Potatoes and Gravy       | Homemade Piri Piri Chicken served with Wedges                  | Homemade Jacket Potato with Cheese                   |
| 31 <sup>st</sup> October 2011  | Oven Baked Fish Fingers served with Wedges                      | Homemade Margherita Pizza                       | Oven Baked Breaded Lemon Sole served with Roast Potatoes | Oven Baked Fish Fingers served with Wedges                     | Oven Baked Fish Fingers served with Chipped Potatoes |
| 28 <sup>th</sup> November 2011 | Homemade Cheese Wrap  | Homemade Tuna Wrap                              | Homemade Vegetable Pasta                                 | Homemade Rice and Vegetable Bake                               |  |
| 26 <sup>th</sup> December 2011 |   |   |  |  |  |
| 23 <sup>rd</sup> January 2012  | Peas Baked Beans  | Sweetcorn Broccoli Florets                      | Fresh Cabbage Carrot Roundels                            | Whole Green Beans Sweetcorn                                    | Cous Cous Baked Beans Garden Peas                    |
| 20 <sup>th</sup> February 2012 | Choice of Salads  | Choice of Salads                                | Choice of Salads   | Choice of Salads   | Choice of Salads                                     |
| 19 <sup>th</sup> March 2012    | Cheese and Biscuit  | Chocolate Ice Cream Roll                        | Homemade Fruit Pudding with Custard                      | Muller Peach Yoghurt   | Pineapple and Custard                                |
|                                | Fresh Fruit Platter   | Fresh Fruit Platter                             | Fresh Fruit Platter                                      | Fresh Fruit Platter  | Fresh Fruit Platter                                  |
| Week Beginning                 | Oven Baked Spicy Chicken Bites served with Herby Diced Potatoes | Homemade Beef Curry served with Rice            | Roast Lamb served with Roast Potatoes and Gravy          | Homemade Spaghetti Bolognese                                   | Oven Baked Fish Portion served with Chipped Potatoes |
| 7 <sup>th</sup> November 2011  | Oven Baked Breaded Haddock served with Herby Diced Potatoes     | Homemade Tuna and Sweetcorn Wrap                | Oven Baked Fish Fingers served with Roast Potatoes       | Oven Baked Breaded Fish Cake served with Wedges                | Cheese Tortellini                                    |
| 5 <sup>th</sup> December 2011  | Homemade Macaroni Cheese  | Homemade Vegetable Stir Fry served with Noodles | Homemade Spicy Pasta Bake with Lentils                   | Homemade Jacket Potato with Cheese                             |  |
| 2 <sup>nd</sup> January 2012   |   |   |  |  |  |
| 30 <sup>th</sup> January 2012  | Peas Baked Beans  | Cauliflower Mixed Vegetables                    | Fresh Cabbage Baton Carrots                              | Broccoli Florets Sweetcorn                                     | Steamed Rice Baked Beans Garden Peas                 |
| 27 <sup>th</sup> February 2012 | Choice of Salads  | Choice of Salads                                | Choice of Salads   | Choice of Salads   | Choice of Salads                                     |
| 26 <sup>th</sup> March 2012    | Homemade Rice Pudding with Mandarins                            | Muller Fruit Corner                             | Homemade Lemon Drizzle Cake with Custard                 | Arctic Roll  | Homemade Chocolate Pudding with Chocolate Custard    |
|                                | Fresh Fruit Platter   | Fresh Fruit Platter                             | Fresh Fruit Platter                                      | Fresh Fruit Platter  | Fresh Fruit Platter                                  |
| Week Beginning                 | Oven Baked Chicken Burger served in a Bun                       | Homemade BBQ Chicken served with Rice           | Roast Chicken served with Roast Potatoes and Gravy       | Oven Baked Lamb Sausages in Gravy served with Creamed Potatoes | Oven Baked Fish Fingers served with Chipped Potatoes |
| 14 <sup>th</sup> November 2011 | Oven Baked Fish Fingers served with Wedges                      | Homemade Roasted Vegetable Pizza                | Homemade Tuna, Salmon and Cucumber Wrap                  | Oven Baked Breaded Haddock served with Wedges                  | Homemade Macaroni Cheese                             |
| 12 <sup>th</sup> December 2011 | Homemade Jacket Potato  |   | Homemade Vegetable Stir Fry served with Noodles          | Homemade Quorn Paella  |  |
| 9 <sup>th</sup> January 2012   |   |   |  |  |  |
| 6 <sup>th</sup> February 2012  | Baked Beans Mixed Vegetables                                    | Sweetcorn Broccoli Florets                      | Cauliflower Florets Carrots                              | Sweetcorn Whole Green Beans                                    | Cous Cous Baked Beans Garden Peas                    |
| 5 <sup>th</sup> March 2012     | Choice of Salads  | Choice of Salads                                | Choice of Salads   | Choice of Salads   | Choice of Salads                                     |
| 2 <sup>nd</sup> April 2012     | Muller Raspberry Yoghurt  | Peaches and Custard                             | Cheese and Biscuit                                       | Homemade Chocolate Cake with Mandarins and Custard             | Flavoured Milk / Yoghurt                             |
|                                | Fresh Fruit Platter   | Fresh Fruit Platter                             | Fresh Fruit Platter                                      | Fresh Fruit Platter  | Fresh Fruit Platter                                  |
| Week Beginning                 | Homemade Savoury Mince served with Herby Diced Potatoes         | Homemade Turkey Curry with Rice                 | Roast Beef served with Roast Potatoes and Gravy          | Oven Baked Lamb Burger served with Wedges                      | Oven Baked Fish Goujons served with Chipped Potatoes |
| 21 <sup>st</sup> November 2011 | Oven Baked Lemon Sole served with Herby Diced Potatoes          | Homemade Macaroni Cheese                        | Oven Baked Fish Fingers served with Roast Potatoes       | Homemade Vegetable Pasta                                       | Homemade Rice and Vegetable Bake                     |
| 19 <sup>th</sup> December 2011 | Homemade Jacket Potato  |   | Cheese Tortellini  |  |  |
| 16 <sup>th</sup> January 2012  |   |   |  |  |  |
| 13 <sup>th</sup> February 2012 | Peas Baked Beans  | Sweetcorn Cauliflower Florets                   | Broccoli Florets Baton Carrots                           | Baked Beans Sweetcorn  | Steamed Rice Baked Beans Garden Peas                 |
| 12 <sup>th</sup> March 2012    | Choice of Salads  | Choice of Salads                                | Choice of Salads   | Choice of Salads   | Choice of Salads                                     |
| 9 <sup>th</sup> April 2012     | Homemade Semolina Pudding with Pears                            | Homemade Jelly with Fruit                       | Homemade Fruit Biscuit with Custard                      | Muller Strawberry Yoghurt                                      | Homemade Marble Cake with Custard                    |
|                                | Fresh Fruit Platter   | Fresh Fruit Platter                             | Fresh Fruit Platter                                      | Fresh Fruit Platter  | Fresh Fruit Platter                                  |

A choice of brown and white bloomer or french bread is available daily, some bread served without spread. Our baked beans are reduced salt and sugar. Our chipped potatoes and wedges are less than 5% fat. Cherry tomatoes, coleslaw and cucumber to be served daily with x2 additional salads. Homemade sauce available with main course dishes daily. Fresh fruit platter available daily.