

st Mary's Catholic Primary School



The Food Heaven Spring Term Menu 2018

Weeks Commencing—

1st January, 22nd January, 19th February, 12th March

<u>Day</u>	<u>Main Meal</u>	<u>Vegetarian</u>	<u>Served with</u>	<u>Dessert</u>
<u>Monday</u>	Pasta Bolognese	Quorn Risotto	Sweetcorn and Green Beans	Jam Sponge and Custard or Yoghurt/Fruit
<u>Tuesday</u>	Chicken Curry and Rice	Shepherdess Pie	Carrots and Cabbage	Fruity Chocolate Flapjack or Yoghurt/Fruit
<u>Wednesday</u>	Roast Beef	Quorn Roast	Roast or New Potatoes, Broccoli and Swede	Custard Biscuit or Yoghurt / Fruit
<u>Thursday</u>	Sausages and Gravy	Cheese Whirl	Creamed Potatoes, Carrots, Green Beans	Jelly and Ice Cream or Yoghurt / Fruit
<u>Friday</u>	Salmon Fish Fingers	Cheese and Tomato Pizza	Chips/New Potatoes, Baked Beans and Mixed Veg	Fruit Gateaux or Yoghurt / Fruit

Weeks Commencing—

8th January, 29th January, 26th February, 19th March

<u>Day</u>	<u>Main Meal</u>	<u>Vegetarian</u>	<u>Served with</u>	<u>Dessert</u>
<u>Monday</u>	BBQ Chicken and Rice	Vegetable Lasagne	Sweetcorn and Cabbage	Marble Sponge and Custard or Yoghurt / Fruit
<u>Tuesday</u>	Pasty Pie	Macaroni Cheese	Creamed Potatoes, Carrots and Peas	Fruity Delight or Yoghurt/Fruit
<u>Wednesday</u>	Roast Chicken	Cauliflower Cheese	Roast or New Potatoes, Broccoli and Swede	Lemon Drizzle Cake and Custard or Yoghurt / Fruit
<u>Thursday</u>	Meatballs and Pasta	Brazilian Vegetable Curry and Rice	Carrot and Green Beans	Rice Pudding and Fruit or Yoghurt / Fruit
<u>Friday</u>	Fish in Batter	Jacket Potato and Cheese	Chips/New Potatoes, Baked Beans, Peas	Carrot Cake or Yoghurt / Fruit

Weeks Commencing—

15th January, 5th February, 5th March, 26th March

<u>Day</u>	<u>Main Meal</u>	<u>Vegetarian</u>	<u>Served with</u>	<u>Dessert</u>
<u>Monday</u>	Lasagne	Vegetable Chilli and Rice	Cabbage and Carrots	Fruit Crumble and Custard or Yoghurt/Fruit
<u>Tuesday</u>	Chicken and Vegetable Pie	Cheese and Potato Pie	Creamed Potatoes, Sweetcorn and Green Beans	Fruit, Ice Cream and Choc Sauce or Yoghurt / Fruit
<u>Wednesday</u>	Roast Turkey	Lentil Roast	Roast or New Potatoes, Broccoli and Swede	Shortbread and Fruit or Yoghurt / Fruit
<u>Thursday</u>	Chicken and Pasta Bake	Vegetable Hot Pot	Carrots and Peas	Jam and Cream Scones or Yoghurt/Fruit
<u>Friday</u>	Fish Fingers	Vegetable Pasta Bake	Chips/New Potatoes, Baked Beans, Mixed Veg	Chocolate Orange Fudge Cake or Yoghurt / Fruit