

<b>WEEK 1</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Main courses Meat, Vegetarian or Fish</b>	Butchers Pork Sausages or Vegetarian Sausage with Oven Baked Chips & Beans	Roast Chicken or Quorn Roast Dinner with Roast Potatoes, Gravy & Seasonal Vegetables	Beef Lasagne or Macaroni Cheese with Crusty Bread & Seasonal Vegetables	Minced Beef or Minced Quorn with Mashed Potato, Yorkshire Pudding & Seasonal Vegetables	Battered Fish with Oven Baked Chips & Peas
	Assorted Sandwiches & Oven Baked Chips	Jacket Potato with Cheese or Tuna or Baked Beans	Assorted Sandwiches & Potato Wedges	Jacket Potato with Cheese or Tuna or Baked Beans	Baked Cheese or Tuna Panini & Oven Baked Chips
<b>Bread</b>	A Selection of Wholemeal or White Bread				
<b>Salad Bar</b>	Daily salad bar choices from: Beetroot, boiled egg portions, carrot sticks, cherry tomatoes, cucumber, lettuce and pickled onions				
<b>Desserts</b>	Rice Pudding & Jam	Chocolate Cupcake	Fruit Cocktail & Ice Cream	Raspberry Buns	Peach Melba
	Yoghurt is available every day				
<b>Fruit</b>	A selection of fresh fruit is available every day				
<b>Drinks</b>	Fresh, filtered drinking water & milk are available every day (lower fat milk and/or lactose reduced milk)				

<b>WEEK 2</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Main courses Meat, Vegetarian or Fish</b>	Pizza Margherita with Potato Wedges & Seasonal Vegetables	Spaghetti Bolognese or Vegetarian Bolognese with Garlic Bread	Butchers Beef burger or Vegetarian Burger in a Bun, with Oven Baked Chips & Seasonal Vegetables	Chicken Curry or Vegetarian Curry with Rice & Naan Bread	Cheese Flan or Salmon Fillet Nibbles with Potato Wedges & Seasonal Vegetables
	Assorted Sandwiches & Potato Wedges	Jacket Potato with Cheese or Tuna or Baked Beans	Assorted Sandwiches & Oven Baked Chips	Jacket Potato with Cheese or Tuna or Baked Beans	Baked Cheese or Tuna Panini & Potato Wedges
<b>Bread</b>	A Selection of Wholemeal or White Bread				
<b>Salad Bar</b>	Daily salad bar choices from: Beetroot, boiled egg portions, carrot sticks, cherry tomatoes, cucumber, lettuce and pickled onions				
<b>Desserts</b>	Gingerbread Men	Banana Sponge Pudding & Custard	Flapjack	Assorted Ice Cream	Jelly with Fruit & Fresh Cream
	Yoghurt is available every day				
<b>Fruit</b>	A selection of fresh fruit is available every day				
<b>Drinks</b>	Fresh, filtered drinking water & milk are available every day (lower fat milk and/or lactose reduced milk)				

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main courses Meat, Vegetarian or Fish	Chilli Con Carne or Vegetarian Chilli with Rice & Seasonal Vegetables	Chicken Pasta Bake or Tuna Pasta Bake with Seasonal Vegetables	Pizza Margherita with Potato Wedges & Seasonal Vegetables	Butchers Pork Sausages or Vegetarian Sausage with Mashed Potato & Beans	Fish Fingers with Oven Baked Chips & Baked Beans
	Assorted Sandwiches & Oven Baked Chips	Jacket Potato with Cheese or Tuna or Baked Beans	Assorted Sandwiches & Potato Wedges	Jacket Potato with Cheese or Tuna or Baked Beans	Baked Cheese or Tuna Panini & Oven Baked Chips
Bread	A Selection of Wholemeal or White Bread				
Salad Bar	Daily salad bar choices from: Beetroot, boiled egg portions, carrot sticks, cherry tomatoes, cucumber, lettuce and pickled onions				
Desserts	Pears & Ice Cream	Jam Roly Poly & Custard	Arctic Roll	Melting Moment Oaty Biscuits	Apple Crumble & Custard
	Yoghurt is available every day				
Fruit	A selection of fresh fruit is available every day				
Drinks	Fresh, filtered drinking water & milk are available every day (lower fat milk and/or lactose reduced milk)				

# St Gabriel's C. E. Primary School

## School Lunch

## Menu

September 2017