

# St Gabriel's C. E. Primary School

## School Lunch Menu – September 2021

### Week 1

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Meal Option</b>	Fish Fingers (Salmon) With Mash & Beans	Cheese and Onion Twist Or Chicken & Veg Pie With Oven Baked Chips and Peas	Margherita Pizza with Wedges and Sweetcorn	Chicken or Quorn with Gravy, Roast Potatoes and Seasonal Vegetables	Butchers 'Hot Dog' Sausage or Veggie Burger in a Bun with Oven Baked Chips
<b>Sandwich Option</b> (served on a wholemeal bap)	Tuna Mayo Cheese Egg Mayo Sandwich	Tuna Mayo Cheese Egg Mayo Sandwich with Chips	Tuna Mayo Cheese Egg Mayo Sandwich with Wedges	Tuna Mayo Cheese Egg Mayo	Tuna Mayo Cheese Egg Mayo Sandwich with Chips
<b>Dessert Choices</b>	Banana Cake and Custard Low Fat Fruit Yoghurt	Raspberry Bun Low Fat Fruit Yoghurt	Flapjack Low Fat Fruit Yoghurt	Melting Moment Oaty Biscuit Low Fat Fruit Yoghurt	Fruit Cocktail Low Fat Fruit Yoghurt
<b>Salad Bar</b>	Cucumber Sticks and Carrot Sticks				
<b>Fruit</b>	A selection of fresh fruit is available every day				
<b>Drinks</b>	Fresh, filtered drinking water and milk are available everyday (lower fat semi skimmed milk)				

Please note: meat options are **not** halal.

All pasta options are swapped for a wholegrain alternative where possible.

# St Gabriel's C. E. Primary School

## School Lunch Menu – September 2021

### Week 2

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Meal Option</b>	Jacket Potato with Cheese & Beans Or Jacket Potato with Tuna Mayonnaise	Chicken or Quorn with Yorkshire Pudding, Mash, Seasonal Vegetables and Gravy	Chicken or Quorn Korma with Rice and Naan Bread	Tomato and Mascarpone Pasta with Garlic Bread	Battered Fish with Oven Baked Chips and Peas
<b>Sandwich Option</b> (served on a wholemeal bap)	Tuna Mayo Cheese Egg Mayo	Tuna Mayo Cheese Egg Mayo	Tuna Mayo Cheese Egg Mayo	Tuna Mayo Cheese Egg Mayo	Tuna Mayo Cheese Egg Mayo Sandwich with Chips
<b>Dessert Choices</b>	Banana Cake and Custard Low Fat Fruit Yoghurt	Raspberry Bun Low Fat Fruit Yoghurt	Flapjack Low Fat Fruit Yoghurt	Melting Moment Oaty Biscuit Low Fat Fruit Yoghurt	Fruit Cocktail Low Fat Fruit Yoghurt
<b>Salad Bar</b>	Cucumber Sticks and Carrot Sticks				
<b>Fruit</b>	A selection of fresh fruit is available every day				
<b>Drinks</b>	Fresh, filtered drinking water and milk are available everyday (lower fat semi skimmed milk)				

Please note: meat options are **not** halal.

All pasta options are swapped for a wholegrain alternative where possible.