

# St. Gabriel's C. E. Primary School



## School Lunch Menu - Week 1

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Meal Option</b>	Pork Sausage with Oven Baked Chips and Baked Beans	Chicken with Gravy, Roast Potatoes and Seasonal Vegetables	Tomato and Mascarpone Pasta with Garlic Bread	Beef Chilli with Rice and Plain Nachos	Battered Fish with Oven Baked Chips and Peas
	Veggie Sausage with Oven Baked Chips and Baked Beans	Quorn Pieces with Gravy, Roast Potatoes and Seasonal Vegetables	Macaroni Cheese with Garlic Bread	Quorn Chilli with Rice, and Plain Nachos	
<b>Sandwich/Jacket Potato Option</b> (Sandwiches are served on wholemeal baps)	Cheese Sandwich with Oven Baked Chips	Jacket Potato with Cheese	Cheese Sandwich with Oven Baked Chips	Jacket Potato with Cheese	Toasted Cheese Panini with Oven Baked Chips
	Egg Mayo Sandwich with Oven Baked Chips	Jacket Potato with Baked Beans	Egg Mayo Sandwich with Oven Baked Chips	Jacket Potato with Baked Beans	
	Tuna Mayo Sandwich with Oven Baked Chips	Jacket Potato with Tuna Mayo	Tuna Mayo Sandwich with Oven Baked Chips	Jacket Potato with Tuna Mayo	Toasted Tuna Panini with Oven Baked Chips
<b>Dessert Choices</b>	Banana Cake and Custard	Raspberry Bun	Flapjack	Melting Moment Biscuit	Fruit Cocktail
	Low Fat Fruit Yoghurt	Low Fat Fruit Yoghurt	Low Fat Fruit Yoghurt	Low Fat Fruit Yoghurt	Low Fat Fruit Yoghurt
<b>Salad Bar</b>	Lettuce, Cucumber Sticks and Carrot Sticks (available daily)				
<b>Bread</b>	Slices of Wholemeal Bread (available daily)				
<b>Fruit</b>	A selection of Fresh Fruit (available daily)				
<b>Drinks</b>	Fresh, filtered drinking water and fresh lower fat semi-skimmed milk (available daily)				

Please note: Meat options are **not** halal. Vegetarian options are served daily.  
All pasta options are swapped for a wholegrain alternative where possible.

# St. Gabriel's C. E. Primary School

## School Lunch Menu - Week 2



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Meal Option</b>	Margherita Pizza with Oven Baked Wedges and Sweetcorn	Spaghetti Bolognaise (Beef) with Garlic Bread	Beef Burger on a Bap with Oven Baked Chips and Peas	Chicken Curry with Rice and Naan Bread	Fish Cake (Salmon) with Oven Baked Wedges and Mixed Veg
		Spaghetti Bolognaise (Quorn) with Garlic Bread	Veggie Burger on a Bap with Oven Baked Chips and Peas	Quorn Curry with Rice and Naan Bread	
<b>Sandwich/Jacket Potato Option</b> (Sandwiches are served on wholemeal baps)	Cheese Sandwich with Wedges	Jacket Potato with Cheese	Cheese Sandwich with Oven Baked Chips	Jacket Potato with Cheese	Toasted Cheese Panini with Oven Baked Wedges
	Egg Mayo Sandwich with Wedges	Jacket Potato with Baked Beans	Egg Mayo Sandwich with Oven Baked Chips	Jacket Potato with Baked Beans	
	Tuna Mayo Sandwich with Wedges	Jacket Potato with Tuna Mayo	Tuna Mayo Sandwich with Oven Baked Chips	Jacket Potato with Tuna Mayo	Toasted Tuna Panini with Oven Baked Wedges
<b>Dessert Choices</b>	Banana Cake and Custard	Raspberry Bun	Fruit Cocktail	Melting Moment Biscuit	Flapjack
	Low Fat Fruit Yoghurt	Low Fat Fruit Yoghurt	Low Fat Fruit Yoghurt	Low Fat Fruit Yoghurt	Low Fat Fruit Yoghurt
<b>Salad Bar</b>	Lettuce, Cucumber Sticks and Carrot Sticks (available daily)				
<b>Bread</b>	Slices of Wholemeal Bread (available daily)				
<b>Fruit</b>	A selection of Fresh Fruit (available daily)				
<b>Drinks</b>	Fresh, filtered drinking water and fresh lower fat semi-skimmed milk (available daily)				

Please note: **Meat** options are **not** halal. **Vegetarian** options are served daily.  
All pasta options are swapped for a wholegrain alternative where possible.