

St Peter's CE Primary School - Summer Menu 2019

| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------|---|--|---------------------------------|---|---------------------------------------|
| Main | Lamb meatballs in tomato sauce | Lemon herb roast chicken with gravy with Yorkshire pudding | Beef and lentil curry | Jerk chicken | Wholemeal lemon and herb crusted fish |
| Vegetarian main | Tomato and (hidden) vegetables with red lentils | Creamy Vegetable and white bean in Yorkshire Pudding | Mexican burrito | Tomato and cheddar cheese pasta bake | Cheese and vegetable pin wheels |
| Starchy side | Tagliatelle | Roast potatoes | Basmati rice and naan bread | Jellof rice 50% brown rice | Chips |
| Jacket potato | Baked beans | Cheese | Tuna and sweet corn | Low fat egg mayonnaise with water cress | Baked beans with cheese |
| Vegetables | Runner beans and sweet corn | Savoy cabbage and carrots | Cherry tomatoes and cucumber | Vegetable medley | Peas |
| | Salad selection | Salad selection | Salad selection | Salad selection | Salad selection |
| Dessert | Apple and berry crumble and custard | Fresh fruit platter | Cheese and biscuits with grapes | Banana flapjack | Strawberry frozen yogurt |
| | Fresh fruit or yogurt | Fresh fruit or yogurt | Fresh fruit or yogurt | Fresh fruit or yogurt | Fresh fruit or yogurt |
| | Milk or water | Milk or water | Milk or water | Milk or water | Milk or water |

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| Week 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------|-------------------------------|----------------------------------|---|--|--------------------------|
| Main | Beef bolognaise | Caribbean chicken stew | Beef burger in a bun with ketchup | Chicken and vegetable pie | Fish fingers |
| Vegetarian main | Quorn bolognaise | Vegetable and lentil curry | Vegetarian Quorn burger in a bun with ketchup | Savoury vegetable noodles | Quorn steak strip fajita |
| Starchy side | Wholemeal spaghetti | Savoury lemon and vegetable rice | Oven baked potato wedges | Baby new potatoes | Chips |
| Jacket potato | Cheese | Tuna | Beans | Egg mayonnaise | Cheese |
| Vegetables | Carrot batons and cauliflower | Mixed salad | Coleslaw and cucumber | Vegetable medley | Peas and sweet corn |
| | Salad bar | Salad bar | Salad bar | Salad bar | Salad bar |
| Dessert | Fresh fruit salad | Carrot cake and custard | Rice pudding with stewed apples sauce | Apple and peach crumbed with ice cream | Fresh fruit platter |
| | Fruit or yogurt | Fruit or yogurt | Fruit or yogurt | Fruit or yogurt | Fruit or yogurt |
| | Milk or water | Milk or water | Milk or water | Milk or water | Milk or water |

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| Week 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------|--|---|---------------------------------------|--------------------------------|-------------------------|
| Main | <u>Meat free Monday</u> | BBQ chicken thigh | Beef sausages with gravy | Jollof chicken with rice | Salmon fish cakes |
| Vegetarian main | Macaroni Cheese Or Tomato and vegetable pasta | Summer vegetable and cannellini bean bake | Vegetarian sausages | Vegetable and bean Jollof rice | Cheese quiche |
| Starchy side | Crusty French bread | Potato wedges | Cream potato | Fajita wraps | Herb spiced potatoes |
| Jacket potato | Jacket potato with : Tuna and chive with low fat mayonnaise | Cheese | Egg mayonnaise | Chunky coleslaw | Cheese and baked beans |
| Vegetables | Baby carrots Green beans Baby corn | Cherry tomatoes Cucumber And pepper mix | Peas Roast onions | Mixed salad | Broccoli Cauliflower |
| | Salad selection | Salad selection | Salad selection | Salad selection | Salad selection |
| Dessert | Apple cake and custard | Fresh fruit salad | Chocolate and pear sponge and custard | Cheese and biscuits Grapes | Fresh fruit platter |
| | Fresh fruit or yogurt | Fresh fruit or yogurt | Fresh fruit or yogurt | Fresh fruit or yogurt | Fresh fruit or yogurt |
| | Milk/water | Milk/water | Milk/water | Milk/water | Milk/water |