

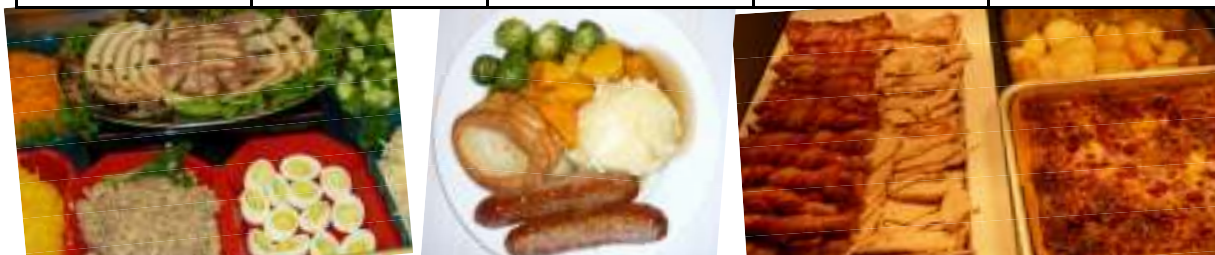


St. Mary's Menus

**Summer Term
2009**

**Menu 1 will be served during weeks commencing:
22.4, 11.5, 8.6, 29.6**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lamb and Mint Pie	Chef's Beef Lasagne served with Garlic Bread	Honey Roast Ham served with Pineapple	Creamy Chicken Korma with Rice and Poppadums	Oven Baked Haddock Fillet with Chef's Chunky Tartare Sauce
Additional Meal Choice for Early Years Only				
Pork and Apple Burgers	Minced Beef in Rich Gravy		Chicken Goujons	Jumbo Cod Fish Fingers
Available Daily: Selection of Freshly Prepared Crudities				
Brochette topped with Tomato Salsa and Mozzarella	Omelettes filled with Cheese and Cherry Tomato	Macaroni Cheese	Vegetable Sausage with Onion Gravy	Cheese and Leek Flan
Glazed Baton Carrots Cauliflower Florets Creamy Mash	Broccoli Florets Honey Roast Vegetables	Savoy Cabbage Peas and Sweetcorn Baby Roast Potatoes	Green Beans Baby Carrots Parsley Mash	Mushy Peas Baked Beans Chipped Potatoes
Also Available Daily: Soup of the Day, Jacket Potato and Plain Hot Pasta, our Signature Yoghurt and Fresh Fruit Bar				
Treacle Sponge with Custard	Pear and Mars Bar Crumble served with Evaporated Milk	Cherry Flapjack	Lemon Sponge with Lemon Sauce	Rice Pudding with Raspberry Syrup



**Menu 2 will be served during weeks commencing:
27.4, 18.5, 15.6, 6.7**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lamb and Potato Bake	Traditional Roast Chicken with Sage and Onion Stuffing	Farmhouse Sausages with Yorkshire Pudding	Steak and Mushroom Pie in Rich Gravy	Southern Fried Chicken Pieces with Barbeque Sauce
Additional Meal Choice for Early Years Only				
Minced Lamb in Onion Gravy		Pork Sausage	Real Chicken Nuggets	
Available Daily: Selection of Freshly Prepared Crudities				
Cheese, Onion and Potato Pasties	Roast Vegetable Lasagne	Ricotta Tortellini in Tomato Sauce	Sweet and Sour Vegetables with Boiled Rice	Homemade Fish Cakes with Parsley Sauce
Garden Peas Button Mushrooms Plum Tomatoes	Baby Carrots and Peas Cauliflower Cheese Diced Garlic and Herb Roast Potatoes	Whole Green Beans Mashed Buttered Swede Baby New Potatoes	Brussels Sprouts Buttered Leeks Creamy Mashed Potatoes	Sweetcorn Mushy Peas Chunky Chips
Also Available Daily: Soup of the Day, Jacket Potato and Plain Hot Pasta, our Signature Yoghurt and Fresh Fruit Bar				
Banana Cake	Home-made Lemon Cheesecake	Chocolate Sponge and Pink Custard	Blackberry and Apple Crumble with Custard	Banoffee Pie

**Menu 3 will be served during weeks commencing:
4.5, 1.6, 22.6**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chef's Home-made Shepherds' Pie	Roast Topside of Beef with Yorkshire Pudding and Horseradish Sauce	Chicken and Vegetable Lattice	Creamy Baked Fish Pie	Mozzarella and Cherry Tomato Pizza Wedges
Additional Meal Choice for Early Years Only				
	Home-made Meatballs in Gravy	Chicken Goujons	Poached Haddock	
Available Daily: Selection of Freshly Prepared Crudities				
Pasta Bolognaise	Cheese and Tomato Flan	Broccoli Provencal with Herby Jacket Wedges	Yorkshire Pudding filled with Baked Beans and Cheese	Scrambled Egg with Crispy Bacon
Garlic Bread Garden Peas Broccoli	Cauliflower Sweetheart Cabbage Roast New Potatoes	Carrot Batons Cut Green Beans Creamy Mashed Potatoes	Garden Peas Mixed Vegetables Potato Croquettes	Fried Onions with Mushrooms Baked Beans Chipped Potatoes
Also Available Daily: Soup of the Day, Jacket Potato and Plain Hot Pasta, Our Signature Yoghurt and Fresh Fruit Bar				
Wellington Fudge	Apricot and Banana Crumble with Creamy Custard	Strawberry Jelly with Cream	Victoria Sponge with Jam and Cream	Apple Pie with Custard



Salad/Homemade Bread Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Garlic Mushrooms	Pasta and Tuna Nicoise Salad	Tortilla Wraps filled with Mixed Salad	Potato Salad	Curried Couscous
Dressing served separately:				
Pasta with Pesto topped with Parmesan	Greek Salad	Carrot and Orange Salad	Florida Salad	Fruity Rice Salad
Available Daily: Grated Cheese, Tuna Flakes, Boiled Eggs, Cucumber, Tomato, Mixed Leaves, Sweetcorn, Carrots and Coleslaw A full range of Dressings, Oils and Sprinkles (full and low fat options)				
Chef's Home Baked Bread:				
Farmhouse Loaf and Granary Loaf	Farmhouse Loaf and Cheese & Marmite Bread	Farmhouse Loaf and Wholemeal Seedy Bread	Farmhouse Loaf and Cheese and Onion Load	Farmhouse Loaf and Wholemeal Seedy Bread



If you have any issues about your child's eating, Mrs Heal is more than happy to discuss any queries. Should you wish to speak to her, please contact the school Office to make a mutually convenient appointment.

