

St Teresa's Primary – WEEK ONE

September 2021 – July 2022

MEAT FREE MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Cheese
and
Tomato Pizza (v)

Lasagne
Garlic & Herb Bread

Cheeseburger
in Bun
Chips

Mince and Dumplings
Creamed Potatoes

Cod Fish Fingers
Oven Roast Potatoes

Chips
Coleslaw
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Garden Peas
* * * *

Sweetcorn
* * * *

Broccoli
* * * *

Beetroot
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Quorn Lasagne(v)

Meat Free
Cheeseburger (v)

Garlic & Herb Bread

in Bun
Chips

Garden Peas

Sweetcorn

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Jacket Potato
with Choice of Filling
Cheese, Baked Beans (v)

Jacket Potato
with Choice of Filling
Cheese, Baked Beans (v)
or Tuna

Jacket Potato
with Choice of Filling
Cheese, Baked Beans (v)
or Tuna

Jacket Potato
with Choice of Filling
Cheese, Baked Beans (v)
or Tuna

Jacket Potato
with Choice of Filling
Cheese, Baked Beans (v)
or Tuna

Available Daily

Salad bar, selection of fresh bread and rolls

Choice of drinks- Fruit juice drink, reduced fat milk, chilled drinking water

Fresh Fruit Selection, Yoghurt and Cheese and Biscuits

DESSERT

Frozen Flavoured
Yoghurt

DESSERT

Flapjack
with Custard

DESSERT

Melting Moment Biscuit
Chilled Drink

DESSERT

Chocolate Cake
with Chocolate Sauce

DESSERT

Strawberry Cupcake
Chilled Drink

Menus are subject to availability (V)suitable for Vegetarians or (VG)Vegan diets

St Teresa's Primary – WEEK TWO

MEAT FREE MONDAY

Vegetable Fingers(v)
with
Tomato Ketchup

Seasoned Wedges
Garden Peas
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Jacket Potato
with Choice of Filling
Cheese, Baked Beans (v)

TUESDAY

Baked Low Fat Pork
Sausages
Creamed Potatoes

Broccoli
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Baked Low Fat Pork
Sausages (v)
Creamed Potatoes

Broccoli
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Jacket Potato
with Choice of Filling
Cheese, Baked Beans (v)
or Tuna

WEDNESDAY

Spaghetti Bolognese
Garlic Bread

Sweetcorn
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Quorn (v)
Spaghetti Bolognese
Garlic Bread

Sweetcorn
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Jacket Potato
with Choice of Filling
Cheese, Baked Beans (v)
or Tuna

September 2021 – July 2022

THURSDAY

Roast Chicken Fillet
Yorkshire Pudding
Oven Roast Potatoes

Savoy Cabbage
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Quorn Fillet (v)
Yorkshire Pudding
Oven Roast Potatoes

Savoy Cabbage
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Jacket Potato
with Choice of Filling
Cheese, Baked Beans (v)
or Tuna

FRIDAY

Cod Fishcake
Chips

Spaghetti Hoops
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Jacket Potato
with Choice of Filling
Cheese, Baked Beans (v)
or Tuna

Available Daily,

Salad bar, selection of fresh bread and rolls

Choice of drinks- Fruit juice drink, reduced fat milk, chilled drinking water Fresh Fruit Selection, Yoghurt and Cheese and Biscuits

DESSERT

Madeleine
Sponge
with Custard

DESSERT

Lemon Drizzle Cake
with Custard

DESSERT

Chocolate Banana Muffin
Chilled Drink

DESSERT

Ice Cream Tub
with
Shortbread Finger

DESSERT

Anzac Biscuit
Chilled Drink

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St Teresa's Primary – WEEK THREE

September 2021 – July 2022

MEAT FREE MONDAY

Pasta Pomodoro(v)

Garlic Bread

Sweetcorn

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Jacket Potato
with Choice of Filling
Cheese, Baked Beans (v)

TUESDAY

Beef Burger
in
Bun

Oven Roast Potatoes
Baked Beans

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Quorn Burger (v)
in
Bun

Oven Roast Potatoes
Baked Beans

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Jacket Potato
with Choice of Filling
Cheese, Baked Beans (v)
or Tuna

WEDNESDAY

Pizza Margherita (v)

Seasoned Wedges

Sweetcorn

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Jacket Potato
with Choice of Filling
Cheese, Baked Beans (v)
or Tuna

THURSDAY

Roast Beef
Yorkshire Pudding
Oven Roast Potatoes

Carrots

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Quorn Fillet (v)
Yorkshire Pudding
Oven Roast Potatoes
Carrots

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Jacket Potato
with Choice of Filling
Cheese, Baked Beans (v)
or Tuna

FRIDAY

Crispy Coated Fish

Chips

Garden or Mushy Peas

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Jacket Potato
with Choice of Filling
Cheese, Baked Beans (v)
or Tuna

Available Daily

Salad bar, selection of fresh bread and rolls

Choice of drinks- Fruit juice drink, reduced fat milk, chilled drinking water

Fresh Fruit Selection, Yoghurt and Cheese and Biscuits

DESSERT

Frozen Strawberry Mousse

DESSERT

Sticky Date Pudding
with Custard

DESSERT

Rice Pudding
with Peaches

DESSERT

Pineapple Upside Down
Cake with Custard

DESSERT

Fresh Fruit Salad
or Yoghurt

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