WEEK ONE

Weeks commencing: Wed 2nd Sept; 21st Sept; 12th Oct; 9th Nov; 30th Nov

	Monday	Tuesday	Wednesday	Thursday	Friday
	Chicken korma and rice with naan bread and vegetables **(DGW)**	Sausage with mashed potato, gravy and vegetables **(DSoSuW)**	Roast gammon, yorkshire pudding, roast potatoes, vegetables and gravy **(DEGW)**	Warm crispy crumb chicken wrap with potato waffle and vegetables **(DEGW)**	Fish fingers with chips and vegetables **(FGW)**
	Quorn korma and rice with Naan Bread and vegetables **(DEGW)**	Quorn sausage with mashed potato, gravy and vegetables **(DSuW)**	Home-made cheese omelette, roast potatoes and vegetables **(ED)**	Warm crispy crumb quorn wrap with potato waffle and vegetables **(DEGW)**	Quorn vegan dippers with chips and vegetables **(GW)**
	Jacket potato with cheese **(D)** or beans or tuna mayonnaise **(EF)** and mixed salad	Jacket potato with cheese **(D)** or beans or tuna mayonnaise **(EF)** and mixed salad	Jacket potato with cheese **(D)** or beans or tuna mayonnaise **(EF)** and mixed salad	Jacket potato with cheese **(D)** or beans or tuna mayonnaise **(EF)** and mixed salad	Jacket potato with cheese **(D)** or beans or tuna mayonnaise **(EF)** and mixed salad
	Ham sandwich (wholemeal) with salad garnish **(BGSW)**	Ham sandwich (wholemeal) with salad garnish **(BGSW)**		Ham wrap with salad garnish **(GW)**	
	Cheese sandwich (wholemeal) with salad garnish **(BDGSW)**	Cheese sandwich (wholemeal) with salad garnish **(BDGSW)**		Cheese wrap with salad garnish **(DGW)**	
	Fairy cake **(DEGW)** or Fresh fruit or Fruit yoghurt **(D)**	Melting Moment biscuits **(BDGW)** or Fresh fruit or Fruit yoghurt **(D)**	Vanilla ice cream **(D)** or Fresh fruit or Fruit yoghurt **(D)**	Strawberry Jelly or Fresh fruit or Fruit yoghurt **(D)**	Date and cocoa brownie **(DEGW)** or Fresh fruit or Fruit yoghurt **(D)**

Allergens: key to ingredients

B - Barley; C - Celery; D - Dairy; E - Eggs; F - Fish; G - Gluten; M - Mustard; So - Soya; Su - Sulphite; W - Wheat

Saint Mary's Catholic Primary School Congleton A Voluntary Academy

WEEK TWO

Weeks commencing: 7th Sept; 28th Sept; 19th Oct; 16th Nov; 7th Dec

	Monday	Tuesday	Wednesday	Thursday	Friday
	Chicken tikka masala with rice, vegetables and naan bread **(DGW)**	All day breakfast : Pork sausage, scrambled egg, hash brown and baked beans **(EGSW)**	Roast turkey, yorkshire pudding, roast potatoes, vegetables and gravy **(DEGW)**	Beef Burger with oven baked potato wedges and vegetables **(DGWS)**	Breaded fish goujons with chips and vegetables **(FG)**
	Quorn tikka masala with rice, vegetables and naan bread **(DEGW)**	All day breakfast : Quorn sausage, scrambled egg, hash brown and baked beans **(DEGW)**	Home-made macaroni cheese and vegetables **(DGW)**	Quorn Burger with oven baked potato wedges and vegetables **(DGWS)**	Vegetable nuggets with chips and vegetables **(GW)**
	Jacket potato with cheese **(D)** or beans or tuna mayonnaise **(EF)** and mixed salad	Jacket potato with cheese **(D)** or beans or tuna mayonnaise **(EF)** and mixed salad	Jacket potato with cheese **(D)** or beans or tuna mayonnaise **(EF)** and mixed salad	Jacket potato with cheese **(D)** or beans or tuna mayonnaise **(EF)** and mixed salad	Jacket potato with cheese **(D)** or beans or tuna mayonnaise **(EF)** and mixed salad
	Ham sandwich (wholemeal) with salad garnish **(BGSW)**	Ham sandwich (wholemeal) with salad garnish **(BGSW)**		Ham wrap with salad garnish **(GW)**	
	Cheese sandwich (wholemeal) with salad garnish **(BDGSW)**	Cheese sandwich (wholemeal) with salad garnish **(BDGSW)**		Cheese wrap with salad garnish **(DGW)**	
	Fairy cake **(DEGW)** or Fresh Fruit or Fruit yoghurt **(D)**	Oat, raisin and lemon biscuit **(DEGS)** or Fresh fruit or Fruit yoghurt **(D)**	Raspberry ripple mousse **(D)** or Fresh fruit or Fruit yoghurt **(D)**	Orange jelly or Fresh fruit or Fruit yoghurt **(D)**	Chocolate coconut crunch biscuit **(DGW)** or Fresh fruit or Fruit yoghurt **(D)**

Allergens: key to ingredients **B - Barley; C - Celery; D - Dairy; E - Eggs; F - Fish; G - Gluten; M - Mustard; So - Soya; Su - Sulphite; W - Wheat**

WEEK THREE

Weeks commencing: 14th Sept; 5th Oct; Tues 3rd Nov; 23rd Nov; 14th Dec

	Monday	Tuesday	Wednesday	Thursday	Friday
	Spaghetti Bolognese with vegetables **(GW)**	Pork sausage in a bread roll with seasoned crispy cubes and vegetables **(GSW)**	Roast chicken, yorkshire pudding, roast potatoes, vegetables and gravy **(DEGW)**	Breaded chicken burger, sweet potato wedges and vegetables **(GW)**	Salmon fish fingers with chips and vegetables **(FGW)**
	Quorn Bolognese with vegetables **(BEGW)**	Quorn sausage in a bread roll with seasoned crispy cubes ands and vegetables **(GW)**	Vegetarian sausage roll with roast potatoes and vegetables **(BGSW)**	Crispy crumbed vegetable burger, sweet potato wedges and vegetable **(GW)**	Cheese and tomato pizza with chips and vegetables **(GWD)**
	Jacket potato with cheese **(D)** or beans or tuna mayonnaise **(EF)** and mixed salad	Jacket potato with cheese **(D)** or beans or tuna mayonnaise **(EF)** and mixed salad	Jacket potato with cheese **(D)** or beans or tuna mayonnaise **(EF)** and mixed salad	Jacket potato with cheese **(D)** or beans or tuna mayonnaise **(EF)** and mixed salad	Jacket potato with cheese **(D)** or beans or tuna mayonnaise **(EF)** and mixed salad
	Ham sandwich (wholemeal) with salad garnish **(BGSW)**	Ham sandwich (wholemeal) with salad garnish **(BGSW)**		Ham wrap with salad garnish **(GW)**	
	Cheese sandwich (wholemeal) with salad garnish **(BDGSW)**	Cheese sandwich (wholemeal) with salad garnish **(BDGSW)**		Cheese wrap with salad garnish **(DGW)**	
	Fairy cake **(DEGW)** or Fresh Fruit or Fruit yoghurt **(D)**	Home-made hobnob biscuits **(BDGW)** or Fresh Fruit or Fruit yoghurt **(D)**	Strawberry Iced smoothie or Fresh fruit or Fruit yoghurt **(D)**	Raspberry jelly or Fresh fruit or Fruit yoghurt **(D)**	Sprinkle sponge **(DEGW)** or Fresh fruit or Fruit yoghurt **(D)**

Allergens: key to ingredients **B - Barley; C - Celery; D - Dairy; E - Eggs; F - Fish; G - Gluten; M - Mustard; So - Soya; Su - Sulphite; W - Wheat**