

ST PAULS CRAY

Date Mar 3rd, Mar 24th, Apr 14th, May 5th, May 26th,
Jun 16th, Jul 7th, Jul 28th

WEEK 1

MONDAY

Beef Bolognaise Pasta Bake (GL,MI)
Veggie Mince Pasta Bolognaise (GL,SO)
Veg of the Day - Green Beans
Tomato Pasta (GL)
Jacket Potatoes - Cheese (MI), Beans or Tuna (FI)
Sandwiches-Ham (GL,SO), Cheese (GL,SO,MI) or Tuna (GL,SO,FI)
Ice Cream (MI) or Fresh Fruit

TUESDAY

Chicken Pizza with Rainbow Slaw (GL,MI)
Margherita Pizza with Rainbow Slaw (GL,MI)
Veg of the Day - Sweetcorn
Tomato Pasta (GL)
Jacket Potatoes - Cheese (MI), Beans or Tuna (FI)
Sandwiches-Ham (GL,SO), Cheese (GL,SO,MI) or Tuna (GL,SO,FI)
Apricot Sponge with Custard (GL,EG,MI) or Fresh Fruit

WEDNESDAY

Roast Chicken with Potatoes, & Gravy (SU)
Veggie Sausage Roll (GL,SU,SO)
Veg of the Day - Carrots & Broccoli
Tomato Pasta (GL)
Jacket Potatoes - Cheese (MI), Beans or Tuna (FI)
Sandwiches-Ham (GL,SO), Cheese (GL,SO,MI) or Tuna (GL,SO,FI)
Yoghurt (MI) or Fresh Fruit

THURSDAY

Beef Burger in a Bun with Potato Wedges (GL,SO,SU,SE)
Veggie Burger in a Bun with Potato Wedges (GL,SE)
Veg of the Day - Carrots & Green Beans
Tomato Pasta (GL)
Jacket Potatoes - Cheese (MI), Beans or Tuna (FI)
Sandwiches-Ham (GL,SO), Cheese (GL,SO,MI) or Tuna (GL,SO,FI)
Fruity Flapjack (GL) or Fresh Fruit

FRIDAY

Fish Fingers with Oven Baked Chips (GL,FI)
Veggie Dippers with Oven Baked Chips (GL)
Veg of the Day - Peas
Tomato Pasta (GL)
Jacket Potatoes - Cheese (MI), Beans or Tuna (FI)
Sandwiches-Ham (GL,SO), Cheese (GL,SO,MI) or Tuna (GL,SO,FI)
Shortbread (GL) or Fresh Fruit

Date Mar 10th, Mar 31st, Apr 21st, May 12th,
Jun 2nd, Jun 23rd, Jul 14th

WEEK 2

Beef Meatball Mac n Cheese (GL,MI)
Mac n Cheese (GL,MI)
Veg of the Day - Sweetcorn & Green Beans
Tomato Pasta (GL)
Jacket Potatoes - Cheese (MI), Beans or Tuna (FI)
Sandwiches-Ham (GL,SO), Cheese (GL,SO,MI) or Tuna (GL,SO,FI)
Ice Cream (MI) or Fresh Fruit

Beef Cottage Pie with Mash (GL)
Margherita Pizza with Rainbow Slaw (GL,MI)
Veg of the Day - Carrots & Peas
Tomato Pasta (GL)
Jacket Potatoes - Cheese (MI), Beans or Tuna (FI)
Sandwiches-Ham (GL,SO), Cheese (GL,SO,MI) or Tuna (GL,SO,FI)
Iced Sprinkle Cake with Custard (GL,EG,MI) or Fresh Fruit

Roast Turkey with Potatoes & Gravy (SU)
Vegetable Pasta Bake (GL,MI)
Veg of the Day - Sweetcorn & Broccoli
Tomato Pasta (GL)
Jacket Potatoes - Cheese (MI), Beans or Tuna (FI)
Sandwiches-Ham (GL,SO), Cheese (GL,SO,MI) or Tuna (GL,SO,FI)
Yoghurt (MI) or Fresh Fruit

Pork Sausage with Mash & Gravy (GL,SU,SO)
Veggie Sausage with Mash & Gravy (SU,SO)
Veg of the Day - Carrots & Peas
Tomato Pasta (GL)
Jacket Potatoes - Cheese (MI), Beans or Tuna (FI)
Sandwiches-Ham (GL,SO), Cheese (GL,SO,MI) or Tuna (GL,SO,FI)
Vanilla Cookie (GL) or Fresh Fruit

Fish Fingers with Oven Baked Chips (GL,FI)
Vegetable Frittata with Oven Baked Chips (EG)
Veg of the Day - Peas
Tomato Pasta (GL)
Jacket Potatoes - Cheese (MI), Beans or Salmon (FI)
Sandwiches-Ham (GL,SO), Cheese (GL,SO,MI) or Tuna (GL,SO,FI)
Oaty Biscuit (GL) or Fresh Fruit

Date Feb 24th, Mar 17th, Apr 7th, Apr 28th, May 19th,
Jun 9th, Jun 30th, Jul 21st

WEEK 3

Creamy Chicken & Sweetcorn Pasta Bake (GL,MI)
Vegetable Enchilada (GL,MI)
Veg of the Day - Green Beans
Tomato Pasta (GL)
Jacket Potatoes - Cheese (MI), Beans or Tuna (FI)
Sandwiches-Ham (GL,SO), Cheese (GL,SO,MI) or Tuna (GL,SO,FI)
Ice Cream (MI) or Fresh Fruit

Pepperoni Pizza with Rainbow Slaw (GL,MI)
Margherita Pizza with Rainbow Slaw (GL,MI)
Veg of the Day - Carrots & Peas
Tomato Pasta (GL)
Jacket Potatoes - Cheese (MI), Beans or Tuna (FI)
Sandwiches-Ham (GL,SO), Cheese (GL,SO,MI) or Tuna (GL,SO,FI)
Apple Crumble (GL) or Fresh Fruit

Roast Gammon with Potatoes & Gravy (SU)
Vegetable Pasta Bake (GL,MI)
Veg of the Day - Sweetcorn & Broccoli
Tomato Pasta (GL)
Jacket Potatoes - Cheese (MI), Beans or Tuna (FI)
Sandwiches-Ham (GL,SO), Cheese (GL,SO,MI) or Tuna (GL,SO,FI)
Yoghurt (MI) or Fresh Fruit

Chicken Curry with Steamed Rice
Vegetable Curry with Steamed Rice
Veg of the Day - Carrots
Tomato Pasta (GL)
Jacket Potatoes - Cheese (MI), Beans or Tuna (FI)
Sandwiches-Ham (GL,SO), Cheese (GL,SO,MI) or Tuna (GL,SO,FI)
Chocolate Cookie (GL) or Fresh Fruit

Fish Fingers with Oven Baked Chips (GL,FI)
Veggie Dippers with Oven Baked Chips (GL)
Veg of the Day - Peas
Tomato Pasta (GL)
Jacket Potatoes - Cheese (MI), Beans or Tuna (FI)
Sandwiches-Ham (GL,SO), Cheese (GL,SO,MI) or Tuna (GL,SO,FI)
Sultana Cookie (GL) or Fresh Fruit

VEGETABLES, SALAD, BREAD, AVAILABLE DAILY

BREAD CONTAINS - GL - MI - EG - SO

ALLERGY KEY
CELERY - CE / GLUTEN - GL / CRUSTACEANS - CR / EGGS - EG / FISH - FI / LUPIN - LU / MILK - MI
MOLLUSCS - MO / MUSTARD - MU / NUTS - NU / PEANUTS - PE / SESAME SEEDS - SE / SOYA - SO / SULPHUR - SU

The Pantry are committed to improving the standards of children's meals across every one of our Schools, and fresh, ethically sourced ingredients are used every day across our kitchens.

The Pantry