



St Mary's Primary School 2022 Menu

Monday

Mozzarella, Tomato & Basil Pizza (421kcal) (301g) total weight

served with new potatoes & chilli sweetcorn

Contains: Milk, Gluten (Wheat)

vegetarian

Fiesta Pizza (488kcal) (348g) total weight

Served with crushed new potatoes and caramelised sweetcorn.

Contains: Eggs, Milk, Soya, Gluten (Wheat)

Jacket Potato (211kcal) (288g) total weight

Served with either Tuna Mayo, Grated Cheese or Baked Beans

Contains: Eggs, Fish, Milk, Gluten (Wheat)

fish

egg

dairy

Freshly Cut Fruit (98kcal) (170g) total weight

A Selection of Fresh Fruits

Contains: No allergens present

vegan

Natural Yoghurt & Fruit Compote (30kcal) (67g) total weight

Contains: Milk, Nuts (Unspecified)

Tuesday

Flavoured Chicken Drumstick (678kcal) (229g) total weight

served with braised rice, carrot & Pea Medley

Contains: No allergens present

Smokey BBQ Bean Casserole (256kcal) (301g) total weight

served with braised rice, seasonal vegetables

Contains: Celery

vegetarian

Jacket Potato (211kcal) (288g) total weight

Served with either Tuna Mayo, Grated Cheese or Baked Beans

Contains: Eggs, Fish, Milk, Gluten (Wheat)

fish

egg

dairy

R/S Shortbread (269kcal) (57g) total weight

Contains: Gluten (Wheat)

Freshly Cut Fruit (98kcal) (170g) total weight

A Selection of Fresh Fruits

Contains: No allergens present

vegan

Natural Yoghurt & Honey (38kcal) (40g) total weight

Contains: Milk

Wednesday

Traditional Spaghetti Bolognese (442kcal) (281g) total weight

with garlic bread & mixed salad

Contains: Gluten (Wheat)

Vegetable and Lentil Bolognese (340kcal) (221g) total weight

served with homemade garlic bread and mixed salad

Contains: Milk, Gluten (Wheat)

Jacket Potato (211kcal) (288g) total weight

Served with either Tuna Mayo, Grated Cheese or Baked Beans

Contains: Eggs, Fish, Milk, Gluten (Wheat)

fish

egg

dairy

Soft Scoop Ice Cream (137kcal) (80g) total weight

Contains: Milk

Natural Yoghurt & Fruit Compote (30kcal) (67g) total weight

Contains: Milk, Nuts (Unspecified)

Freshly Cut Fruit (98kcal) (170g) total weight

A Selection of Fresh Fruits

Contains: No allergens present

vegan

Thursday

Ashlyns Chicken Sausage (309kcal) (373g) total weight
served with creamy mash, carrots, broccoli and gravy

Contains: Milk, SO2, Gluten (Wheat)

meat free Sausage (245kcal) (348g) total weight
served with creamy mash, carrots , broccoli & gravy

Contains: Eggs, Milk, Gluten (Barley, Wheat)

Jacket Potato (211kcal) (288g) total weight
Served with either Tuna Mayo, Grated Cheese or Baked Beans

Contains: Eggs, Fish, Milk, Gluten (Wheat)

fish

egg

dairy

R/S Jam Sponge (327kcal) (198g) total weight
& Custard

Contains: Eggs, Milk, Gluten (Wheat)

Freshly Cut Fruit (98kcal) (170g) total weight
A Selection of Fresh Fruits

Contains: No allergens present

vegan

Natural Yoghurt & Honey (38kcal) (40g) total weight
Contains: Milk

Friday

Breaded Cod Bites (428kcal) (305g) total weight
Served with Oven Chips and Baked Beans

Contains: Fish, Gluten (Wheat)

Cheese and Tomato Wholemeal Quiche (629kcal) (377g) total weight
served with oven chips and baked beans

Contains: Eggs, Milk, Gluten (Wheat)

vegetarian

Jacket Potato (211kcal) (288g) total weight
Served with either Tuna Mayo, Grated Cheese or Baked Beans

Contains: Eggs, Fish, Milk, Gluten (Wheat)

fish

egg

dairy

Fruit Jelly (35kcal) (105g) total weight
Contains: No allergens present

Freshly Cut Fruit (98kcal) (1 70g) total weight

A Selection of Fresh Fruits

Contains: *No allergens present*

vegan

Natural Yoghurt (42kcal) (80g) total weight

Contains: *Milk*

uptake

Uptake (0kcal) (0g) total weight

Contains: *No allergens present*

Adults need around 2000 kcal a day.