

# St Matthias Menu - Autumn Term

| Week 1                                           |                                                     |                                                                            |                                                                       |                                       |
|--------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------|---------------------------------------|
| Option 1                                         |                                                     |                                                                            |                                                                       |                                       |
| Monday                                           | Tuesday                                             | Wednesday                                                                  | Thursday                                                              | Friday                                |
| Roasted vegetable and tomato pasta bake (gluten) | Chilli Con Carne with rice                          | Butter chicken curry and rice                                              | Margherita Pizza (dairy, gluten)                                      | Breaded fish and chips (gluten, fish) |
| Option 2                                         |                                                     |                                                                            |                                                                       |                                       |
| Monday                                           | Tuesday                                             | Wednesday                                                                  | Thursday                                                              | Friday                                |
| Green pesto pasta (gluten)                       | Smokey butterbeans with tomato and peppers and rice | Chickpeas, potato and spinach curry and rice                               | Margherita Pizza (dairy, gluten)                                      | Veggie Tacos (gluten)                 |
| Salad Bar                                        |                                                     |                                                                            |                                                                       |                                       |
| Garlic bread (dairy)<br>Broccoli<br>Salad        | Tortilla<br>Cheese (dairy)<br>Salad                 | Naans (gluten)<br>Cucumber and yoghurt dip (dairy)<br>Green beans<br>Salad | Roast new potatoes<br>Peas<br>Salad                                   | Peas<br>Salad<br>Cheese (dairy)       |
| Dessert                                          |                                                     |                                                                            |                                                                       |                                       |
| Fruit                                            | Oat biscuit (gluten-wheat) ,<br>Fruit               | Greek yoghurt with mango puree (dairy)<br>Fruit                            | Baked vanilla sponge and custard (dairy ,eggs, gluten-wheat)<br>Fruit | Fruit                                 |

- Fresh bread available every day

| Week 2<br>Option 1                                          |                                                                       |                                                              |                                                                           |                                                    |
|-------------------------------------------------------------|-----------------------------------------------------------------------|--------------------------------------------------------------|---------------------------------------------------------------------------|----------------------------------------------------|
| Monday                                                      | Tuesday                                                               | Wednesday                                                    | Thursday                                                                  | Friday                                             |
| Tomato and basil spaghetti (gluten)                         | Roast chicken in tomato sauce                                         | Vegetarian Lasagna (dairy)                                   | Lamb Shawarma meatballs in tomato sauce                                   | Breaded fish and chips (gluten)                    |
| Option 2                                                    |                                                                       |                                                              |                                                                           |                                                    |
| Monday                                                      | Tuesday                                                               | Wednesday                                                    | Thursday                                                                  | Friday                                             |
| Cauliflower mac and cheese (dairy, gluten)                  | Veggie sausage stew                                                   | Vegetarian Lasagna (dairy)                                   | Chickpea falafel (gluten)                                                 | Veggie Fajitas (gluten)                            |
| Salad Bar                                                   |                                                                       |                                                              |                                                                           |                                                    |
| Garlic bread (dairy)<br>Broccoli<br>Salad<br>Cheese (dairy) | Rice<br>Tortillas (gluten)<br>Carrots<br>Yoghurt dip (dairy)<br>Salad | Garlic bread (dairy)<br>Peas<br>Salad                        | Rice<br>Cucumber yoghurt dip (dairy)<br>Hummus<br>Pitta Bread<br>Salad    | Grated carrot<br>iceberg lettuce<br>Cheese (dairy) |
| Dessert                                                     |                                                                       |                                                              |                                                                           |                                                    |
| Fruit                                                       | Carrot cake (dairy,egg, gluten- wheat)                                | Greek yoghurt (dairy) with fresh summer berries<br><br>Fruit | Chocolate sponge cake with custard (dairy,eggs, gluten,soya)<br><br>Fruit | Fruit                                              |

- Fresh bread available every day