

# St Matthias Menu - Spring Term

Week 1				
Option 1				
Monday	Tuesday	Wednesday	Thursday	Friday
Jacket potato with tuna mayo (EGG, FISH, MUSTARD), cheese (DAIRY), baked beans	Chicken wrap with bulghar wheat	Penne pasta with lamb bolognese and garlic bread and grated parmesan (DAIRY), (GLUTEN-WHEAT)	Chicken sausage and mash potato, gravy and cauliflower (GLUTEN-WHEAT)	Breaded haddock fillet with chunky chips and peas and tartare sauce (GLUTEN-WHEAT) (FISH)
Option 2				
Monday	Tuesday	Wednesday	Thursday	Friday
Jacket potato with tuna Mayo (EGG, FISH, MUSTARD), cheese (DAIRY), baked beans	Vegetable Wrap With Bulghar Wheat	Penne pasta with vegetable bolognese and garlic bread and grated parmesan (DAIRY), (GLUTEN-WHEAT)	Vegetarian sausage and mash potato, gravy and cauliflower (GLUTEN-WHEAT) (SOYA)	Plant-based fish fingers with chunky chips and peas and tartare sauce (GLUTEN-WHEAT)
Salad Bar				
Tomato, cucumber and olive salad. Red coleslaw (DAIRY)	Lemon and coriander slaw, shredded iceberg lettuce	Diced beetroot and grated carrot	Green bean and tomato salad	Tomato salad
Dessert				
Fruit	Mixed fruit Flapjack (DAIRY), (GLUTEN-WHEAT), Fruit	Raspberry and vanilla yoghurt (DAIRY), Fruit	Chocolate and orange cake with custard (EGG), (DAIRY), (SOYA), Fruit	Strawberry/vanilla Ice Cream (DAIRY), Fruit

- Fresh bread available every day

Week 2				
Option 1				
Monday	Tuesday	Wednesday	Thursday	Friday
Margherita pizza with southern fried wedges and sweetcorn (DAIRY, GLUTEN-WHEAT)	Mexican minced lamb tacos, with sour cream/guac (DAIRY, GLUTEN-WHEAT)	Roasted sweet chilli chicken thighs with vegetable noodles (GLUTEN-WHEAT) (SOY) (EGG)	Masala macaroni with parmesan and broccoli (DAIRY, GLUTEN-WHEAT)	Chicken burger with bun, fries, beans and VG mayo (GLUTEN-WHEAT) (EGG)
Option 2				
Monday	Tuesday	Wednesday	Thursday	Friday
Margherita pizza with southern fried wedges and sweetcorn (DAIRY, GLUTEN-WHEAT)	Mexican vegetable and quorn mince tacos, with sour cream/guac (DAIRY, GLUTEN-WHEAT) (SOY) (EGG)	Sweet chilli egg noodles with broccoli and sweetcorn (GLUTEN-WHEAT) (SOY) (EGG)  VG - Sweet chilli rice with broccoli and sweetcorn (GLUTEN-WHEAT) (SOY)	Masala macaroni with parmesan and broccoli (DAIRY, GLUTEN-WHEAT)	Veggie burger with bun, fries, beans and VG mayo (GLUTEN-WHEAT) (SOY) (EGG)
Salad Bar				
Green beans and cherry tomatoes	Iceberg lettuce, sweetcorn	Sweetcorn, coleslaw (VG) lime, guacamole and bulgur wheat	Sliced cucumber and carrot	Gherkins, tomato and dill
Dessert				
Fruit	Clementine Yoghurt (DAIRY) Fruit	VG raspberry jelly Fruit	Victoria Sponge and custard (DAIRY, EGG, GLUTEN-WHEAT) Fruit	Fruit

- Fresh bread available every day