

St Matthias Menu - Summer Term

Week 1				
Option 1				
Monday	Tuesday	Wednesday	Thursday	Friday
Jacket potato with tuna mayo (egg, fish, mustard), cheese (dairy), baked beans	Chicken thighs w/ roast potatoes, green beans and carrots with vegan gravy.	Tomato pasta (gluten-wheat) bake topped with applewood cheese (dairy)	Roasted chicken Katsu curry and rice served with flatbreads (gluten-wheat)	Fish/salmon fish cake (fish, gluten-wheat) and chips with peas and tartare sauce
Option 2				
Monday	Tuesday	Wednesday	Thursday	Friday
Jacket potato with tuna mayo (egg, fish, mustard), cheese (dairy), baked beans	Seasoned cauliflower steak w/roast potatoes, green beans and carrots with vegan gravy.	Tomato pasta (gluten-wheat) bake	Vegetable tempeh (soy, gluten-wheat) katsu curry and rice Served with flatbreads (gluten-wheat)	Mixed bean and roasted pepper vegan Taco (gluten-wheat) with chips
Salad Bar				
Tomato and basil balsamic (sulphites) beetroot	Sweetcorn Cucumber	Grated carrot Greek salad (dairy)	Baby gem with minted yoghurt (dairy)	Sliced cucumber Sweetcorn
Dessert				
Fruit	Mixed fruit Flapjack (dairy), (gluten-wheat), Fruit VG Flapjack	Greek yoghurt with mango puree (dairy) VG only -jelly with mango puree Fruit	Baked vanilla sponge and custard (dairy),eggs, gluten-wheat) Fruit	Strawberry/vanilla Ice Cream (dairy) Fruit VG only -jelly

- Fresh bread available every day

Week 2				
Option 1				
Monday	Tuesday	Wednesday	Thursday	Friday
Sweet & Sour (celery,soy,sulphite) Chicken w/ Noodles (gluten-wheat)	Roast pepper and mozzarella, tomato pizza, (gluten-wheat, dairy) baby potato and chive salad	Cajun chicken wrap herb lime bulgar wheat (gluten-wheat) guacamole	Lamb bolognese spaghetti (gluten-wheat) served with Parmesan cheese (dairy)	Moroccan chicken burger (gluten-wheat) with chips Gherkins, mayo (dairy)
Option 2				
Monday	Tuesday	Wednesday	Thursday	Friday
Vegetable sweet and sour noodles (gluten-wheat)	Roast pepper and mozzarella, tomato pizza (gluten-wheat, dairy) baby potato and chive salad VG - Pizza (gluten-wheat) with VG cheese	Vegetable bean wrap herb lime bulgar wheat (gluten-wheat) guacamole	Vegetable and lentil ragu with spaghetti (gluten-wheat) served with Parmesan cheese (dairy)	Veggie tofu (soy) burger with chips Gherkins, mayo (dairy)
Salad Bar				
Green bean with lemon oil Cherry tomatoes	Caesar salad Beetroot	Sweetcorn Coleslaw	Tomato, oregano and olive Cucumber	Grated carrot iceberg lettuce
Dessert				
Fruit	Carrot cake (dairy,egg, gluten- wheat) VG - jelly with fruit	Greek yoghurt (dairy) with fresh summer berries VG raspberry jelly Fruit	Chocolate sponge cake with custard (dairy,eggs, gluten,soya) Fruit VG - jelly with fruit	Fruit

- Fresh bread available every day