



Autumn Term Menu 2025



w/c 1st September will be menu week 2, then alternate between the menus for the whole term

Week 1

Week 2

Monday Chicken curry, wholegrain rice & prawn crackers (W, Mu, Cr)) or Broccoli, pepper and pak choi chow mein (W, E) - Yeo valley yoghurt (Mi)	Monday Sausage, mash and spaghetti hoops (W, Su) or Jacket potato with beans & cheese (M) - Fresh fruit
Tuesday Pancetta, butternut squash, pea and leek Mac N Cheese with ciabatta (Mi, W, Su) or Veggie sausage and tomato pasta bake (So, W, Mi) - Fresh Fruit	Tuesday Beef spaghetti Bolognese with garlic bread (G, M) or Margherita pizza with wedges and salad (W, Mi) - Black cherry brownie (Mi, W)
Wednesday Mini Fillet burger in a brioche bun, iceberg and mayo with herb diced potatoes (So, W, E, Mi) or Veggie burger with , iceberg and mayo with herb diced potatoes (So, W, E, Mi) - Fruit trifle (M, W)	Wednesday Ham and cheese panini, slaw & herb diced potatoes (Mi, W) or Veggie dippers with slaw & chips (G) - Banana & oat muffin (E, W)
Thursday Roast chicken breast with roast potatoes, carrots, swede & broccoli (Ce, W) or Veggie roast with roast potatoes, carrots, swede & broccoli (W, Ce, So) - Apricot and sunflower flapjack (G)	Thursday Slow roasted pork & root vegetables, roast potatoes & broccoli (W. Ce) or Veggie toad in the hole with potatoes & broccoli (E, W, Mi, So) - Fresh fruit
Friday Battered cod fish finger, mashed potato & baked beans (F, W) or Veggie Swedish meatballs, peas & mash (So, W, Mi) - Fresh Fruit	Friday Fish star with buttered penne & peas (F, W) or Veggie Bolognese (So, W, Ce) - Lemon & yoghurt pound cake (E, W, Mi)

Contains:- **W**=wheat **S**=soya **Mi**=milk/dairy **Ce**=celery **Cr**=crustaceans **E**=egg **F**=Fish **So**=Soya **Su**=Sulphite **Mu**=mustard

Hot meals are available to order for all children.

Meals are free of charge for all children in Reception, Year 1 and Year 2

or at a cost of **£2.60** for children in Years 3 - 6.

All children are offered water with their lunch.

If your child has a food intolerance or allergy, please make sure you have emailed the school office with details

– office@st-marys.poole.sch.uk

Children may also bring a packed lunch if they prefer,

however fizzy drinks, nuts, sesame or sweets may not be included in their packed lunch.

We are a nut free school so ask that no products containing nuts are brought to school please.

