



Lunch Menu

Week 1

Monday

Gammon ham served with cauliflower cheese & peas (M,G)
Cheese & beans jacket potato (M)
Yoghurt(M)

Tuesday

Margherita ciabatta pizza served with seasoned wedges & coleslaw (M,G,E)
Cherry tomato penne pasta with mature cheddar cheese & ciabatta (M,G)
Granny Smith apple or banana

Wednesday

Creamy chicken breast & butter bean curry served with brown rice & mini poppadoms (M)
Button mushroom & courgette curry (M)
Chocolate & date brownie (G)

Thursday

Roast beef served with carrots, broccoli, roasties & Yorkshire pudding (E,M,G,C)
Plant based roast (S)
Mini apple & raspberry doughnut (G)

Friday

Fish cake served with oven chips & baked beans (F,G,M,Mu)
Quorn dippers (E,M,G)
Frozen raspberry yoghurt (M)

Week 2

Monday

Hotdog in a wholemeal finger roll served with seasoned wedges, cucumber sticks & ketchup (G,)
Veggie dog (S)
Natural yoghurt topped with honey & mixed berries

Tuesday

Plant based "beef" lasagne served with garlic bread & mixed salad (M,G,C,S)
Macaroni & leek cheese (M,G)
Honeydew melon slice or satsuma

Wednesday

Five spiced roast pork collar served with Chinese curry sauce brown rice & prawn crackers (Cr,G)
Stir fried tempeh (S)
Cranberry & pumpkin seed flapjack

Thursday

Turkey breast served with roasties, green beans & carrots (C,G)
Plant based roast (S)
Dorset apple muffin (E,G)

Friday

Jumbo cod fish finger served with mashed potato & peas (F,G,M)
Spinach & potato tortilla (E)
Chocolate mousse (M)

Contains:- **G** = gluten **S** = soya **M** = milk **C** = celery **Cr** = crustaceans **E** = egg **B** = Fish

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 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.