



Spring Term 2023

Week 1

Monday
Farfalle pasta with a chorizo & tomato sauce, cheddar cheese, ciabatta & baby leaves (G,C) or Jacket potato cheese & beans (G,D) - Yeo valley mango or strawberry yoghurt (D)
Tuesday
Battered chicken nuggets with oven chips and spaghetti hoops (G,D) or Veggie dippers with oven chips and spaghetti hoops (G,So) - Pink lady or satsuma
Wednesday
Deconstructed plant based cottage pie with broccoli florets (D) or Cheddar cheese pastry puff with roasted cherry tomato (D, G) - Banana and oat muffin (G,E)
Thursday
Roasted gammon with mini Yorkshire pudding, roasted baby carrots & hispi cabbage (G, C, E) or Veggie roast (G, C) - Apple and cinnamon pasty swirl (G)
Friday
Mini brioche fish burger, seasoned wedge & coleslaw (G, E, F) or Macaroni cheese, winter greens and crusty bread (G, D) - Frozen raspberry yoghurt (D)

Week 2

Monday
Sausage, mash & baked beans (G) or Veggie sausage, mash & baked beans (G,So) - Yeo valley mango or strawberry yoghurt (D)
Tuesday
Beef meatball marinara, penne pasta & garlic bread (G,C) Grilled haloumi burger & mixed salad (M,G) - White chocolate Cookie (M,So,E,G)
Wednesday
Butter chicken, sweet potato & chickpea curry, brown rice & mini naan (M,G) or Chickenless chicken, sweet potato & chickpea curry, brown rice & mini naan (M,G) - Spiced apple crumble & custard (D,G)
Thursday
Tender roasted pork in gravy with stuffing, roasties, cauliflower florets & green beans (G,C) or Veggie roast (G,So) - Melon slice
Friday
Breaded fishcake with baby buttered new potatoes, peas, sweetcorn & ketchup (G,F) or Veggie hotdog, herb diced potatoes & beans (G,So) - Strawberry trifle (D,G,E)

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.