

St. Mary's Catholic Primary School

Fresh fruit & yoghurt available with every meal!



If your child has an allergy or special dietary requirements, please inform the school and our catering team, so we can discuss their needs.



We have highlighted the 14 allergens on our menus to help you make informed decisions. Some of our recipes include 'may contain' information, but this is not included on our menus. This information is however available on our daily allergen matrix. Please contact your school cook for further information.

V = Vegetarian

- Celery
- Soya
- Fish
- Milk
- Crustaceans
- Nuts
- Eggs
- Sesame Seeds
- Cereals
- Lupin
- Peanuts
- Mustard
- Containing Gluten
- Subhur Dioxide
- Mollusc

Additional items may be available at your school, i.e. jacket potatoes and sandwiches. Please speak to your school for further information.

Don't forget to turn the page to see the Autumn Term's upcoming promotions, a tasty recipe to make at home, and a nutritional good-to-know!



AUTUMN 2023 MENU

WEEK 1

Served w/c 4th Sep, 25th Sep, 16th Oct, 13th Nov & 4th Dec

- V Pizza
- V **Queso** BBQ Wrap
- Diced Potatoes
- Crunchy Veggie Sticks
- Tuna Sandwich
- V Vegetable Bolognese Jacket Potato
- *****
- V Lemon Drizzle Muffin

- Chicken & Tomato Pasta
- V Seasonal Vegetable Hot Pot
- Peas & Sweetcorn
- Homebaked Garlic Bread
- V Cheese Sandwich
- V Baked Bean Jacket Potato
- *****
- V Autumnal Fruit Crumble & Custard

- V Sausage & Yorkshire Pudding
- Mashed Potato
- Medley of Vegetables
- Gravy
- Crusty Bread
- Ham Sandwich
- Tuna Jacket Potato
- *****
- V Cheese & Crackers

- Chicken Korma & Rice
- V Cheese, Leek & Potato Bake
- Cauliflower & Green Beans
- Naan Bread
- V Egg Sandwich
- V Cheese Jacket Potato
- *****
- V Berry Marble Sponge & Custard

- Fish Fingers & Chips with Ketchup
- V Vegetable Lasagne
- Carrots & Peas
- Sliced Wholemeal Bread
- Chicken Sandwich
- V Baked Bean Jacket Potato
- V Cheese & Tomato Panini
- *****
- V Chocolate Orange Mousse Cake

OFFICIAL

WEEK 2

Served w/c 11th Sep, 2nd Oct, 23rd Oct, 20th Nov & 11th Dec

- V Pasta Bolognese Bake
- V **Queso** Baked Sausage & Bean Bake
- Broccoli & Sweetcorn
- Garlic Flatbread
- V Cheese Sandwich
- Tuna Jacket Potato
- *****
- V Custard Cookie, Fruit & Ice-Cream

- Chicken Burger in a Bun
- V Vegetable & Bean Burger in a Bun
- Potato Wedges
- Peas & Coleslaw
- Ham Sandwich
- V Veggie Chili Jacket Potato
- *****
- V Chocolate Sponge & Chocolate Sauce

- Roast Loaf of Pork with Apple Sauce
- V Pea-ter Croquette
- Boiled Potatoes
- Carrots & Green Beans
- Gravy
- Homebaked Bread
- Chicken Sandwich
- V Baked Bean Jacket Potato
- *****
- V Jam Bun & Cheese

- Mexican Beef Pita with Rice
- V Cauliflower Cheese Bake
- Medley of Vegetables
- Homebaked Sunflower Seed Bread
- Tuna Sandwich
- V Cheese Jacket Potato
- *****
- V Toffee Apple Muffin

Census Day 5th Oct 2023

- Battered Fish
- V Cheese Whirl
- Chips & Ketchup
- Sweetcorn & Peas
- Crusty Bread
- V Egg Sandwich
- V Baked Bean Jacket Potato
- V Cheese & Tomato Panini
- *****
- V Lemon Shortcake

WEEK 3

Served w/c 18th Sep, 9th Oct, 6th Nov, 27th Nov & 18th Dec

- V Creamy Mac & Cheese
- V Lightly Spiced Bean and Vegetable Curry & Rice
- Broccoli & Carrots
- Homebaked Garlic Bread
- V Cheese Sandwich
- V Baked Bean Jacket Potato
- *****
- V Berry Crumble Mousse Pot

- Nacho Beef Bake
- V Cheese & Bean Enchilada
- Rice
- Sweetcorn & Peas
- Chicken Sandwich
- Tuna Jacket Potato
- *****
- V Chocolate Berry Brownie

- Roast Chicken & Stuffing
- V Vegetable Cottage Pie
- Mashed Potato
- Medley of Vegetables
- Gravy
- Crusty Bread
- V Egg Sandwich
- V Vegetable Bolognese Jacket Potato
- *****
- V Rice Pudding & Peaches

- All Day Breakfast
- V Veggie All Day Breakfast
- Homebaked Bread
- Ham Sandwich
- V Cheesy Bean Jacket Potato
- *****
- V Oatie Cookie & Cheese

- Fish Star & Chips
- V Crunchy Garlic Bread Topped Tomato Pasta
- Peas & Carrots
- Homebaked Wholemeal Bread
- Tuna Sandwich
- V Cheese Jacket Potato
- V Cheese & Tomato Panini
- *****
- V Fruity Jam Sandwich & Custard