

St Mary's

February 2017 – July 2017

Menu Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Choice One	Mexican Chilli	Mince and Dumplings	Chicken Madras	Roast Turkey with Cranberry Sauce	Fish Fingers
	Tacos	Oven Roast Potatoes	Braised Rice	Creamed Potatoes	Chips
	Mixed Salad		Naan Bread		
Choice Two	Mexican Bean and Quorn Paella	Vegetarian Mince and Dumplings	Quorn & Vegetable Madras	Quorn Roast with Cranberry Sauce	Quorn Dog in Bun
	Mixed Salad	Oven Roast Potatoes	Braised Rice	Creamed Potatoes	Chips
			Naan Bread		
Choice Three	Hunters Chicken	Cherry Tomato and Basil Quiche	Chicken Fajita	Italian Style Meatballs in Tomato and Basil Sauce with Tagliatelle	Lemon and Herb Chicken Fillet
	Creamed Potatoes	Spicy Potato Wedges	Country Diced Potatoes	Garlic Bread	Chips
Seasonal vegetables served daily					
(V) Suitable for Vegetarians					
Dessert	Lemon Drizzle Cake	Creamy Rice Pudding	Carrot Cake	Cheesecake	Chocolate Brownie
	Custard				

Fresh fruit or homemade biscuit with a choice of drinks can be substituted for custard or vice versa

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Menu Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Choice One	Spaghetti Bolognese Garlic Bread	Cumberland Sausage with Gravy	Chicken Pasta Bake Warm Crusty Bread	Roast Beef with Yorkshire Pudding Creamed Potatoes	Homemade Tuna Fishcakes Chips
Choice Two	Vegetarian Bolognese Garlic Bread	Quorn Sausage with Gravy Oven Roast Potatoes	Mediterranean Pasta Bake Warm Crusty Bread	Roast Quorn with Yorkshire Pudding Creamed Potatoes	Cheese and Onion Slice Chips
Choice Three	Chicken & Vegetable Pie Creamed Potatoes	Cauliflower Cheese Crusty Bread	Beef Curry Egg Fried Rice	Chicken Quesadillas Country Diced Potatoes	Southern Fried Chicken Fillet in Bun Chips
Seasonal vegetables served daily (V) Suitable for Vegetarians					
Choices of Dessert	Iced Sponge Custard	Coconut Biscuit	Flapjack Custard	Chocolate Cake Chocolate Sauce	Eton Mess
Fresh fruit or homemade biscuit with a choice of drinks can be substituted for custard or vice versa					

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Menu Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Choice One	Sweet and Sour Chicken Boiled Rice	Beef Lasagne Herb Bread	Homemade Ham and Pineapple Pizza	Roast Chicken with Sage and Onion Stuffing Creamed Potatoes	Harry Ramsdens Battered Fish with Lemon Wedge Chips
Choice Two	Sweet and Sour Quorn Boiled Rice	Vegetarian Lasagne Herb Bread	Quorn Burger with Homemade Tomato Relish Potato Wedges	Quorn Roast with Sage and Onion Stuffing Creamed Potatoes	Cauliflower, Broccoli and Cheese Bake Crusty Bread
Choice Three	Mince Pie Country Diced Potatoes	Chicken Chow Mein Egg Noodles	Selection of Quiche Jacket Potato	Beef Jalfrezi Savoury Vegetable Rice	Mexican Chilli Chicken Pepper Rice
Seasonal vegetables served daily (V) Suitable for Vegetarians					
Dessert	Chocolate Muffin	Madeline Sponge Custard	Fruit Trifle	Fruit Crumble Custard	Mixed Fruit Granola with Natural Yoghurt
Fresh fruit or homemade biscuit with a choice of drinks can be substituted for custard or vice versa					