



Reigate St. Mary's School – Lunch Menu - Week 9 31st Oct - 4th Nov



	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Homemade soup of the day with fresh bread	Homemade soup of the day with fresh bread	Homemade soup of the day with fresh bread	Homemade soup of the day with fresh bread	Homemade soup of the day with fresh bread
Main Course Vegetarian	Meat Free Options: Sweet Potato and White bean Vegetable Chilli carne or Pasta with Tomato Sauce or Pesto Sauce (sauce served separately)	Chicken Drumsticks Or Eat Well Taco with Low fat Turkey Mince Veggie Kebabs	Hotdogs (made with British Pork Sausages) on whole meal Buns Vegetarian hotdogs on whole meal buns	Roast Chicken Stuffing and Gravy Cheesy Pesto Pockets	Fish Fingers Battered Fish Fish Finger Sandwiches Vegetable Fingers
Jacket Potato Option	Baked Beans with fillings - Tuna (<i>in Spring Water</i>); Cheese; egg and rainbow salad pots	Baked Beans with fillings - Tuna (<i>in Spring Water</i>); Cheese; egg and rainbow salad pots	Baked Beans with fillings - Tuna (<i>in Spring Water</i>); Cheese; egg and rainbow salad pots	Baked Beans with fillings - Tuna (<i>in Spring Water</i>); Cheese; egg and rainbow salad pots	Baked Beans with fillings – Tuna (<i>in Spring Water</i>); Cheese; egg and rainbow salad pots
Sides	Pasta Fresh Vegetables of the Day Fresh Rainbow Salad Pots Fresh salad	Steamed wholegrain ice or Cous Cous Fresh Vegetables of the Day Fresh Rainbow Salad Pots Fresh salad	Sweet Potato Jacket Wedges Fresh Vegetables of the Day Fresh Rainbow Salad Pots Fresh salad	Roast Potatoes Fresh Vegetables of the Day Fresh Rainbow Salad Pots Fresh Salad	Chips Baked Beans Fresh Vegetables of the Day Fresh Bread (w) Fresh Rainbow Salad Pots
Dessert	Apple Crumble with Custard Fresh Fruit Homemade Yogurt	Cheesy Tuesday – cheese platter with grapes, celery and crackers Fresh Fruit	Treacle Sponge and Custard Fresh Fruit Homemade Yogurt	Flapjacks Fresh Fruit Homemade Yogurt	Fruity Friday Homemade Yogurt
Notes	<p>Meat is purchased from local British Accredited Butchers and is traceable back to the UK Farm it was sourced from. Organic milk, eggs and flour are used in all cooking and organic meat is served once a week (subject to availability). Wholegrain bread, pasta, rice and spaghetti are used (subject to availability). Seasonal Vegetables are served when available. Gluten free meals are available as an alternative for those pupils who are Gluten intolerant. Alternative meals are available where food allergies apply.</p>				



Reigate St. Mary's School – Lunch Menu – Week 10 7th - 11th Nov



	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Homemade soup of the day with fresh bread	Homemade soup of the day with fresh bread	Homemade soup of the day with fresh bread	Homemade soup of the day with fresh bread	Homemade soup of the day with fresh bread
Main Course Options	Baked Butternut Squash Macaroni Cheese	Pork or Beef Sausages Gluten Free available	Pepperoni Pizza	Chili Con Carne	Breaded Fish Fingers Battered Fish Fish Finger Sandwiches
Vegetarian	Or Pasta Paloozai	Vegetarian Sausages	Margherita Pizza	3 Bean Vegetable Chili	Vegetable Fingers
Jacket Potato (King Edwards or Sweet) alternative to main course - fillings	Baked Beans) with fillings - Tuna (<i>in Spring Water</i>); Cheese; egg and rainbow salad pots	Baked Beans with fillings - Tuna (<i>in Spring Water</i>); Cheese; egg and rainbow salad pots	Baked Beans with fillings - Tuna (<i>in Spring Water</i>); Cheese; egg and rainbow salad pots	Baked Beans with fillings - Tuna (<i>in Spring Water</i>); Cheese; egg and rainbow salad pots	Baked Beans with fillings - Tuna (<i>in Spring Water</i>); Cheese; egg and rainbow salad pots
Sides	Pasta Fresh Vegetables of the Day Fresh Rainbow Salad Pots Fresh Bread	Mashed Potatoes Fresh Vegetables of the Day Fresh Rainbow Salad Pots	Sweet Potato Wedges Fresh Vegetables of the Day Fresh Rainbow Salad Pots Fresh Bread	Steamed Rice Fresh Vegetables of the Day Fresh Rainbow Salad Pots	Chips Baked Beans Fresh Vegetables of the Day Fresh Bread Fresh Rainbow Salad Pots
Dessert	Mixed Fruit Crumble with Custard Fresh Fruit Homemade Yogurt	Cheesy Tuesdays cheese platter with grapes, celery, crackers Fresh Fruit Homemade Yogurt	Ice Cream Fresh Fruit Homemade Yogurt	Chocolate Pudding Chocolate Sauce Fresh Fruit Homemade Yogurt	Fruity Friday Homemade Yogurt
Notes	<p>Meat is purchased from local British Accredited Butchers and is traceable back to the UK Farm it was sourced from. Organic milk, eggs and flour are used in all cooking and organic meat is served once a week (subject to availability). Wholegrain bread, pasta, rice and spaghetti are used (subject to availability). Seasonal Vegetables are served when available. Gluten free meals are available as an alternative for those pupils who are Gluten intolerant. Alternative meals are available where food allergies apply.</p>				



Reigate St. Mary's School – Lunch Menu – Week 11 14th – 18th November



	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Homemade soup of the day with fresh bread	Homemade soup of the day with fresh bread	Homemade soup of the day with fresh bread	Homemade soup of the day with fresh bread	Homemade soup of the day with fresh bread
Main Course	Meat free Monday options: Quorn Lasagna Or Pasta Neapolitan	Chicken in breadcrumbs	Spaghetti Bolognese	Toad in the hole	Breaded Fish Fingers Battered Fish Fish Finger (Sandwiches)
Vegetarian		Quorn in Breadcrumbs	Spaghetti vegetable Bolognese	Vegetarian toad in the hole	Vegetable Fingers
Jacket Potato (King Edwards or Sweet) alternative to main course - fillings	Baked Beans with fillings - Tuna (<i>in Spring Water</i>); Cheese; egg and rainbow salad pots	Baked Beans with fillings - Tuna (<i>in Spring Water</i>); Cheese; egg and rainbow salad pots	Baked Beans with fillings - Tuna (<i>in Spring Water</i>); Cheese; egg and rainbow salad pots	Baked Beans with fillings - Tuna (<i>in Spring Water</i>); Cheese; egg and rainbow salad pots	Baked Beans with fillings - Tuna (<i>in Spring Water</i>); Cheese; egg and rainbow salad pots
Sides	Pasta Fresh Vegetables of the Day Fresh Rainbow Salad Pots	New Potatoes Vegetables of the Day Salsa and Sour Cream Fresh Rainbow Salad Pots	Spaghetti Vegetables of the Day Fresh Rainbow Salad Pots Fresh Bread	Fresh Vegetables of the Day Fresh Rainbow Salad Pots	Chips Baked Beans Fresh Vegetables of the Day Fresh Rainbow Salad Pots Fresh Bread
Dessert	Cherry Pie and Custard Fresh Fruit Homemade Yogurt	Cheesy Tuesday cheese platter with grapes, celery, crackers Fresh Fruit Homemade Yogurt	Fresh Fruit Jelly Pots Fresh Fruit Homemade Yogurt	Iced Sponge Fresh Fruit Homemade Yogurt	Fruity Friday Homemade Yogurt
Notes	<p>Meat is purchased from local British Accredited Butchers and is traceable back to the UK Farm it was sourced from. Organic milk, eggs and flour are used in all cooking and organic meat is served once a week (subject to availability). Wholegrain bread, pasta, rice and spaghetti are used (subject to availability). Seasonal Vegetables are served when available. Gluten free meals are available as an alternative for those pupils who are Gluten intolerant. Alternative meals are available where food allergies apply.</p>				