



## Reigate St. Mary's School – Lunch Menu – Week 8



	<b>Meat Free Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Soup</b>	Homemade soup of the day with fresh bread (g w)	Homemade soup of the day with fresh bread (g w)	Homemade soup of the day with fresh bread (g w)	Homemade soup of the day with fresh bread (g w)	Homemade soup of the day with fresh bread (g w)
<b>Main Course</b> <b>Vegetarian</b>	Meat Free Options:  Quorn Lasagna (e g) Pasta (g) with Tomato or Pesto Sauce (sauce served separately)	Chicken Fajitas (g)  Vegetable Fajitas (g)	Spaghetti (g w) Bolognaise  Pesto, ricotta & Rocket Pasta (g) Bake	British Pork or Beef Sausages (g) with Onion Gravy (g)  Quorn (e) Sausage	Breaded Fish Fingers (g e) Battered Fish (g e) Fish Finger (g e) Sandwiches  Vegetable Fingers
<b>Jacket Potato (King Edward or Sweet) alternative to main course - fillings</b>	Baked Beans (rss), Tuna (in Spring Water) or Cheese	Baked Beans (rss), Tuna (in Spring Water) or Cheese	Baked Beans (rss), Tuna (in Spring Water) or Cheese	Baked Beans (rss), Tuna (in Spring Water) or Cheese	Baked Beans (rss), Tuna (in Spring Water) or Cheese
<b>Sides</b>	Pasta (g) Fresh Vegetables of the Day Fresh salad	Salsa & Sour Cream Tortilla Crisps (g) Fresh Vegetables of the Day Fresh salad	Pasta (g) Fresh Vegetables of the Day Fresh salad	Mash Potato/Cheesy Mash Fresh Vegetables of the Day Fresh Salad	Chips Baked Beans (rss) Fresh Vegetables of the Day Fresh Bread (w) Fresh Salad
<b>Dessert</b>	Apple Crumble (g) (rss) with Cream Fresh Fruit Homemade Yogurt Jelly Pots (orange v)	Cheesy Tuesday – cheese platter with grapes, celery and crackers (g) Fresh Fruit Homemade Yogurt	Strawberry Cheesecake (g) (rs) Fresh Fruit Homemade Yogurt Jelly Pots (orange v)	Treacle sponge (g e) with Custard Fresh Fruit Homemade Yogurt	Fruity Friday Homemade Yogurt Jelly Pots (orange v)

Organic flour, eggs, pasta, rice, spaghetti and milk are used in all our cooking when available  
 g Contains Gluten - wheat free alternative where appropriate provided for gluten allergies.  
 e Contains egg  
 w Wholegrain  
 rss Reduced sugar reduced salt  
 Note all meat is purchased from local British Accredited Butchers and is traceable back to the UK Farm it was sourced from.



## Reigate St. Mary's School – Lunch Menu – Week 9



	<b>Meat Free Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Soup</b>	Homemade soup of the day with fresh bread (g w)	Homemade soup of the day with fresh bread (g w)	Homemade soup of the day with fresh bread (g w)	Homemade soup of the day with fresh bread (g w)	Homemade soup of the day with fresh bread (g w)
<b>Main Course</b>	Meat free Monday options Macaroni (g) Cheese (w) Cheese Omelet (e)	Sweet and Sour Chicken  Quorn (e) Stir fry with Egg Noodles (e g)	Roast Chicken with Stuffing (g) and Gravy (g)  Potato and Vegetable Gratin	British Beef Burger in a Bun (g)  Veggie Burger in a Bun (g)	Breaded Fish Fingers(e g) Battered Fish (e g) Fish Finger (e g) Sandwiches  Vegetable Fingers
<b>Vegetarian</b>	Pasta (g) with Tomato or Pesto Sauce				
<b>Jacket Potato (King Edwards or Sweet) alternative to main course - fillings</b>	Baked Beans (rss) Tuna (in Spring Water) or Cheese	Baked Beans (rss) Tuna (in Spring Water) or Cheese	Baked Beans (rss), Tuna (in Spring Water) or Cheese	Baked Beans (rss) Tuna (in Spring Water) or Cheese	Baked Beans (reduced Salt and Sugar), Tuna (in Spring Water) or Cheese
<b>Sides</b>	Fresh Vegetables of the Day Fresh Salad Fresh Bread (g w)	Steamed Rice (w) Fresh Vegetables of the Day Fresh Salad	Roast Potatoes Fresh Vegetables of the Day Fresh salad Fresh Bread (g w)	Jacket Wedges Corn Cobs Fresh Vegetables of the Day Fresh Salad	Chips Baked Beans (rss) Fresh Vegetables of the Day Fresh Bread (g w)
<b>Dessert</b>	Mixed Fruit Crumble (rs) (g) with Custard Fresh Fruit Homemade Yogurt	Cheesy Thursdays cheese platter with grapes, celery, crackers (g) Fresh Fruit Homemade Yogurt Jelly Pots (orange v)	Ice Cream Fresh Fruit Homemade Yogurt	Chocolate Pudding (rs)(g) with Chocolate Milkshake Fresh Fruit Homemade Yogurt Jelly Pots (orange v)	Fruity Friday Homemade Yogurt Jelly Pots (orange v)
<p>Organic flour, eggs, pasta, rice, spaghetti and milk are used in all our cooking when available</p> <p><b>g</b> Contains Gluten - wheat free alternative where appropriate provided for gluten allergies.</p> <p><b>e</b> Contains egg</p> <p><b>w</b> Wholegrain</p> <p><b>rss</b> Reduced sugar reduced salt</p> <p>Meat is purchased from local British Accredited Butchers and is traceable back to the UK Farm it was sourced from</p>					



## Reigate St. Mary's School – Lunch Menu – Week 10



	<b>Meat Free Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Soup</b>	Homemade soup of the day with fresh bread (g w)	Homemade soup of the day with fresh bread (g w)	Homemade soup of the day with fresh bread (g w)	Homemade soup of the day with fresh bread (g w)	Homemade soup of the day with fresh bread (g w)
<b>Main Course</b>  <b>Vegetarian</b>	Meat free Monday options: Cheese and Tomato Pizza (g) Cheese Omelet (e)	Yummy Scrummy Chicken Curry with Mango Chutney  Yummy Scrummy Vegetable Curry	Hot Dog (g) made with British Pork Sausages (Beef alternative available)  Vegetarian Hot Dog (g)	Organic Wholegrain Spaghetti (g w) with Beef Meatballs and Tomato Sauce  Vegetable Pasta bake (g w)	Breaded Fish Fingers(e g) Battered Fish (e g) Fish Finger (e g) Sandwiches Smoked Mackerel Tart (g e) Vegetable Fingers
<b>Jacket Potato (King Edwards or Sweet) alternative to main course - fillings</b>	Baked Beans (rss) Tuna (in Spring Water) or Cheese	Baked Beans (rss) Tuna (in Spring Water) or Cheese	Baked Beans (rss), Tuna (in Spring Water) or Cheese	Baked Beans (rss) Tuna (in Spring Water) or Cheese	Baked Beans (reduced Salt and Sugar), Tuna (in Spring Water) or Cheese
<b>Sides</b>	Jacket Wedges Coleslaw Fresh Vegetables of the Day Fresh Salad	Steamed Rice (w) (e) Vegetables of the Day Cauliflower Aloo Gobi Naan Bread (g) Fresh Salad	Boulangere Potatoes Vegetables of the Day Fresh salad Fresh Bread (g w)	Garlic Bread (g) Fresh Vegetables of the Day Fresh Salad	Chips Baked Beans (rss) Fresh Vegetables of the Day Fresh Bread (g w)
<b>Dessert</b>	Chocolate Mousse Fresh Fruit Homemade Yogurt Jelly Pots (orange v)	Cheesy Thursdays cheese platter with grapes, celery, crackers (g) Fresh Fruit Homemade Yogurt	Toffee Cheesecake (g e) Fresh Fruit Homemade Yogurt Jelly Pots (orange v)	Treacle Sponge (g e) and custard Fresh Fruit Homemade Yogurt Jelly Pots (orange v)	Fruity Friday Homemade Yogurt Jelly Pots (orange v)
<p>Organic flour, eggs, pasta, rice, spaghetti and milk are used in all our cooking when available  <b>g</b> Contains Gluten - wheat free alternative where appropriate provided for gluten allergies.  <b>e</b> Contains egg  <b>w</b> Wholegrain  <b>rss</b> Reduced sugar reduced salt                      Meat is purchased from local British Accredited Butchers and is traceable back to the UK Farm it was sourced from</p>					