



Reigate St. Mary's School – Lunch Menu - Week 2 - 18th – 22nd April



	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Homemade soup of the day with fresh bread (gw)	Homemade soup of the day with fresh bread (gw)	Homemade soup of the day with fresh bread (gw)	Homemade soup of the day with fresh bread (gw)	Homemade soup of the day with fresh bread (gw)
Main Course Vegetarian	Meat Free Options: Baked Potato Pizza or Pasta (gow) with Tomato Sauce or Pesto Sauce (sauce served separately)	BBQ Chicken Thighs Veggie Kebabs	Sloppy Joes (Beef) on Whole meal Buns Lentil Sloppy Joes on Whole meal Buns	Lemon Chicken with Lemon Yoghurt Dipping Sauce Cheesy Pesto Pockets (gow)	Fish Fingers (ge) Battered Fish (ge) Fish Finger Sandwiches (ge) Vegetable Fingers
Jacket Potato (King Edward or Sweet) alternative to main course - fillings	Baked Beans (rss) with fillings - Tuna (in Spring Water); Cheese; Egg and Rainbow Salad Pots	Baked Beans (rss) with fillings - Tuna (in Spring Water); Cheese; Egg and Rainbow Salad Pots	Baked Beans (rss) with fillings - Tuna (in Spring Water); Cheese; Egg and Rainbow Salad Pots	Baked Beans (rss) with fillings - Tuna (in Spring Water); Cheese; Egg and Rainbow Salad Pots	Baked Beans (rss) with fillings - Tuna (in Spring Water); Cheese; Egg and Rainbow Salad Pots
Sides	Pasta (gow) Fresh Vegetables of the Day Fresh Rainbow Salad Pots Fresh salad	Sauté Potatoes Fresh Vegetables of the Day Fresh Rainbow Salad Pots Fresh salad	Jacket Wedges (g) Fresh Vegetables of the Day Fresh Rainbow Salad Pots Fresh salad	Steamed Rice (ow) Fresh Vegetables of the Day Fresh Rainbow Salad Pots Fresh Salad	Chips Baked Beans (rss) Fresh Vegetables of the Day Fresh Bread (w) Fresh Rainbow Salad Pots
Dessert	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	Rice Crispy Cakes (g) (rs) Fresh Fruit Homemade Yogurt Jelly Pots (orange v)	Treacle sponge (ge) with Custard Fresh Fruit Homemade Yogurt Homemade Yogurt	Fruity Friday Homemade Yogurt Jelly Pots (orange v)
Notes	<p>o Organic flour, eggs, pasta and milk are used in all our cooking when available</p> <p>g Contains Gluten - wheat free alternative where appropriate provided for gluten allergies.</p> <p>e Contains egg</p> <p>w Wholegrain</p> <p>rss Reduced sugar/ salt</p> <p>Note all 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 3 – 25th – 29th April



	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Homemade soup of the day with fresh bread (gw)	Homemade soup of the day with fresh bread (gw)	Homemade soup of the day with fresh bread (gw)	Homemade soup of the day with fresh bread (gw)	Homemade soup of the day with fresh bread (gw)
Main Course	Baked Butternut Squash Macaroni (gow) Cheese	Pork or Beef Sausages Gluten Free available	Turkey Meatball Pittas (gw)	Chili Con Carne (Beef)	Breaded Fish Fingers(eg) Battered Fish (eg) Fish Finger (eg) Sandwiches
Vegetarian	Or Pasta (gow)Paloozai	Vegetarian Sausages	Falafel in Pittas	3 Bean Vegetable Chili	Vegetable Fingers
Jacket Potato (King Edwards or Sweet) alternative to main course - fillings	Baked Beans (rss) with fillings - Tuna (in Spring Water); Cheese; Egg and Rainbow Salad Pots	Baked Beans (rss) with fillings - Tuna (in Spring Water); Cheese; Egg and Rainbow Salad Pots	Baked Beans (rss) with fillings - Tuna (in Spring Water); Cheese; Egg and Rainbow Salad Pots	Baked Beans (rss) with fillings - Tuna (in Spring Water); Cheese; Egg and Rainbow Salad Pots	Baked Beans (rss) with fillings - Tuna (in Spring Water); Cheese; Egg and Rainbow Salad Pots
Sides	Pasta (gow) Fresh Vegetables of the Day Fresh Rainbow Salad Pots Fresh Bread (w)	Mashed Potatoes Fresh Vegetables of the Day Fresh Rainbow Salad Pots	Cous Cous (g) Fresh Vegetables of the Day Fresh Rainbow Salad Pots Fresh Bread (w)	Steamed Rice (ow) Fresh Vegetables of the Day Fresh Rainbow Salad Pots	Chips Baked Beans (rss) Fresh Vegetables of the Day Fresh Bread (gw) Fresh Rainbow Salad Pots
Dessert	Mixed Fruit Crumble (rs) (g) with Custard Fresh Fruit Homemade Yogurt	Cheesy Tuesdays cheese platter with grapes, celery, crackers (g) Fresh Fruit Homemade Yogurt Jelly Pots (orange v)	Ice Cream Fresh Fruit Homemade Yogurt	Chocolate Pudding (rs)(e) Chocolate Sauce Fresh Fruit Homemade Yogurt Jelly Pots (orange v)	Fruity Friday Homemade Yogurt Jelly Pots (orange v)

Notes

- o Organic flour, eggs, pasta 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 / salt

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 4 – 2nd – 6th May



	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Soup		Homemade soup of the day with fresh bread (gw)	Homemade soup of the day with fresh bread (gw)	Homemade soup of the day with fresh bread (gw)	Homemade soup of the day with fresh bread (gw)
Main Course	BANK HOLIDAY	Eat Well Taco with low fat Turkey Mince	Spaghetti (gow) & Meatballs (Baked not Fried)	Chicken & Gnocchi dumplings (g)	Breaded Fish Fingers(eg) Battered Fish (eg) Fish Finger (eg) Sandwiches (ge)
Vegetarian		Tacos with Quorn Mince	Meatballs made with Quorn Mince	Moroccan Chickpea Stew	Vegetable Fingers
Jacket Potato (King Edwards or Sweet) alternative to main course - fillings		Baked Beans (rss) with fillings - Tuna (in Spring Water); Cheese; Egg and Rainbow Salad Pots	Baked Beans (rss) with fillings - Tuna (in Spring Water); Cheese; Egg and Rainbow Salad Pots	Baked Beans (rss) with fillings - Tuna (in Spring Water); Cheese; Egg and Rainbow Salad Pot	Baked Beans (rss) with fillings - Tuna (in Spring Water); Cheese; Egg and Rainbow Salad Pots
Sides		Steamed Rice (ow) Vegetables of the Day Salsa and Sour Cream Fresh Rainbow Salad Pots	Spaghetti (ow) Vegetables of the Day Fresh Rainbow Salad Pots Fresh Bread (gw)	Gnocchi (g) Fresh Vegetables of the Day Fresh Rainbow Salad Pots	Chips Baked Beans (rss) Fresh Vegetables of the Day Fresh Rainbow Salad Pots Fresh Bread (gw)
Dessert		Cheesy Tuesday cheese platter with grapes, celery, crackers (g) Fresh Fruit Homemade Yogurt Jelly Pots	Lemon Meringue Pots Fresh Fruit Homemade Yogurt Jelly Pots (orange v)	Jam Sponge (ge) and custard Fresh Fruit Homemade Yogurt	Fruity Friday Homemade Yogurt Jelly Pots (orange v)
Notes	<p>o Organic flour, eggs, pasta, rice, and milk are used in all our cooking when available</p> <p>g Contains Gluten - wheat free alternative where appropriate provided for gluten allergies.</p> <p>e Contains egg</p> <p>w Wholegrain</p> <p>rss 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>				