

# Three Week Rolling Menu


A Selection of assorted bread is available daily, along with fresh fruit and yoghurt

## Week 1

### Main Course

### Dessert

Monday

Cheesy Tomato and Chicken Pasta Bake  
 Quorn Cheesy Tomato Pasta Bake   
 Served with Garlic Bread Slice and Vegetable Medley or Salad


Jelly Pots

Tuesday

Baked Sausages with Mashed Potato and Peas or Beans  
 Vegetarian Sausages 


Pancakes with Fruit Compote

Wednesday

Tuna Tortilla Wraps with Mixed Salad or Peppers and Sweetcorn  
 Egg and Mayo Tortilla Wraps with Mixed Salad or Peppers and Sweetcorn 

Apple and Cinnamon Sponge Cake and Custard

Thursday

Roast Gammon, Roast Potatoes, Yorkshire pudding and Seasonal Fresh Vegetables  
 Mixed Beans Casserole with Seasonal Fresh Vegetables 

Fruit Cocktail

Friday

Fish Fingers, Chips served with Peas or Beans  
 Vegetable Nuggets 

Rice Crispy Cake

Menus are freshly prepared and, where possible, produce is sourced from local suppliers so you can be sure healthy choices are on offer at lunch times.

## Week 2

### Main Course


### Dessert

Monday

Lasagne with Garlic Bread and Mixed Salad or Green Beans  
 Vegetable Lasagne 


Lemon Sponge and Custard

Tuesday

Burger in a Bun, served with Herbie Diced Potatoes and Beans or Salad  
 Vegetable Burger 


Apple and Sultana Flapjack

Wednesday

Ham and Cheese Ploughman's served with Mixed Salad and Fresh Soft Roll  
 Plain Cheese Ploughman's served with Mixed Salad and Fresh Soft Roll 


Pineapple Upside-down Cake and Cream

Thursday

Roast Chicken, Roast Potatoes and Stuffing with Seasonal Fresh Vegetables  
 Quorn Fillets with Trimmings 

Eton Mess

Friday

Battered Cod Fillets with Chips and Beans or Peas  
 Battered Vegetable Nuggets with Chips and Beans or Peas 

Strawberry Mousse


Over the summer holidays, St Michaels will be having a kitchen re-fit which will include new equipment. So as of September we will be offering more choice which we hope to include an alternative Jacket Potatoes with various fillings alongside our main menu.

## Week 3

### Main Course


### Dessert

Monday

Chicken Korma served with Rice and Naan Bread and Green Beans  
 Quorn Korma 


Fruit Sorbet with a Shortbread Biscuit

Tuesday

Spaghetti Meatballs in Tomato Sauce with Mixed Salad or Vegetable Medley  
 Quorn Meatballs 

Chocolate Sponge with Chocolate Sauce

Wednesday

Cheese and Potato Pie with Mixed Salad or Sweetcorn  
 Cheese and Onion Quiche 


Carrot Cake

Thursday

Roast Beef with Yorkshire Pudding, Roast Potatoes and Seasonal Fresh vegetables  
 Quorn Roast 

Fruit Cocktail

Friday

Breaded Salmon Bites served with Chips and Beans or Peas  
 Cheesy Vegetable Bites 

Cornflake Cake

**ALLERGY INFORMATION:** If your child has an allergy or intolerance please ask a member of the catering team for information. You will be asked to complete a form to ensure we have the necessary information to cater to your child. Lactose free, vegetarian and any other dietary requirements can be catered to.