






# MENU

ST LUCIA'S PRIMARY SCHOOL - MENU WEEK 3

14<sup>th</sup> March, 2<sup>nd</sup> May, 23<sup>rd</sup> May, 20<sup>th</sup> June, 11<sup>th</sup> July, 19<sup>th</sup> Sept, 10<sup>th</sup> Oct

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
THE MAIN EVENT	<p><b>'Meat Free Monday'</b> Cowboy Pie (Veggie sausage, baked beans &amp; Mashed Potato)</p>  <p>Vegetable &amp; Lentil Chilli</p>	<p>Mild Chicken Curry with Fluffy Rice &amp; Naan Bread</p>  <p>Cheese Plait</p>	<p>Traditional Roast Pork, Apple Sauce &amp; Tasty Gravy</p>  <p>Quorn Sausage</p>	<p>Assortment of Fish including: Harry Ramsdens Crispy Battered Fish</p>  <p>Vegetable Chilli</p>	<p>Pizza</p>  <p>Quorn Meatballs</p>
ON THE SIDE	<p>Rice, Pasta Garden Peas Carrots</p>	<p>Rice, Naan Bread Cauliflower Florets Sweetcorn</p>	<p>Roast Potatoes Roast Vegetables Carrots, Cabbage</p>	<p>Broccoli Sweetcorn</p>	<p>Chunky Chips Baked Beans Mushy Peas</p>
TO FINISH	<p>Pancakes with Mixed Fruit &amp; Syrup</p>	<p>Chocolate &amp; Strawberry Mousse</p>	<p>Iced Buns or Chelsea Buns</p>	<p>Pancakes with Various Fillings</p>	<p>Cookie</p>
AVAILABLE DAILY	<p><i>Available Daily: Freshly Baked Bread, Healthy Salad Bar, Yoghurt, Fresh Fruit</i> <i>Should you require any information regarding Allergens in our menus, please ask a member of our catering team</i></p>				