

Monday (MFM)

ST Whites Summer Menu 2023

Tuesday

Wednesday

Thursday

Friday

Week One

17 APRIL
08 MAY
05 JUNE
26 JUNE
17 JULY
11 SEPTEMBER
02 OCTOBER
23 OCTOBER

Option 1

Macaroni Cheese

Mince Beef Pie with new potatoes



Roast Chicken with Roast Potatoes & Gravy & Stuffing

Cheesy Pasta Bolognese



Fish Fingers with Chips & Tomato Sauce

Option 2

Vegetable Pasta bake



Five Bean Chilli with Rice



Sweet Potato and Spinach Flan with Roast Potatoes & Gravy

Vegetable Pasta



Vegan sausage with Chips & Tomato Sauce



Option 3 Jkt Pot

CHEESE

BEANS

TUNA

CHEESE

BEANS

Vegetables

Sweetcorn & Peas

Carrots & Green Beans

Savoy Cabbage & Mashed Swede

Carrots & Cauliflower

Peas & Baked Beans

Dessert

Sticky toffee apple crumble and custard



Flapjack



Fruit Jelly with Mandarins



Vanilla Sponge with Custard

Chocolate Shortbread



Or a choice of Yoghurt & Fresh Fruit available daily

Week Two

24 APRIL
15 MAY
12 JUNE
3 JULY
24 JULY
18 SEPTEMBER
9 OCTOBER

Option 1

Vegan meatballs with Tomato sauce and rice



Pork sausage with mash potato and gravy

Roast Turkey with Roast Potatoes & Gravy

Chef's Special Chicken Korma with Rice



Fish Fingers with Chips & Tomato Sauce

Option 2

Cheese and bean pasty with wedges

Pilau Rice with Five beans



Vegetable Wellington with Roast Potatoes & Gravy



Cheese and Tomato Pinwheel with new potatoes



Vegan Burger in a Bun with Chips



Option 3 Jkt Pot

CHEESE

BEANS

TUNA

CHEESE

BEANS

Vegetables

Sweetcorn & Peas

Carrots & Green Beans

Savoy Cabbage & Mashed Swede

Carrots & Cauliflower

Peas & Baked Beans

Dessert

Lemon Drizzle Cake

Jelly and mandarins

Oaty Cookie



Marble Sponge and custard

Apple Cheese and Crackers

Or a choice of Yoghurt & Fresh Fruit available daily

Week Three

1 MAY
22 MAY
19 JUNE
10 JULY
4 SEPTEMBER
25 SEPTEMBER
16 OCTOBER

Option 1

Cheese and Tomato Pizza with potato wedges

Pasta Bolognese



Roast Gammon with Roast Potatoes & Gravy

Chicken and Cheese Wraps with Rice



Fish Fingers with Chips & Tomato Sauce

Option 2

Vegan sausage with mash potato and gravy



Lentil and Sweet potato Curry with Rice



Vegan Quorn with Roast Potatoes & Gravy



Vegetable Stir Fry Noodles

Cheese & Red Pepper Frittata with Chips

Option 3 Jkt Pot

CHEESE

BEANS

TUNA

CHEESE

BEANS

Vegetables

Sweetcorn & Peas

Carrots & Green Beans

Savoy Cabbage & Mashed Swede

Coleslaw & Cauliflower

Peas & Baked Beans

Dessert

Syrup Snap Biscuit

Chocolate Sponge with Chocolate sauce

Apple Flapjack



Iced Sponge

Fruity Shortbread

Added Plant Power
 Vegan
 Wholemeal
 Chef's Special

Available Daily:

Bread freshly baked on site daily

Daily salad selection

ALLERGY INFORMATION:
If you would like to know about particular allergens in foods please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.