



Trinity Term Menus



Meat and animal products are great for our diet, but overconsumption is not good for us or for the planet.

Changing what we eat slightly can reduce our impact on the environment and have benefits to our health.

All of the dishes within these menus will have versions prepared to meet the needs of all dietary requirements ie Gluten Free, Vegan, Dairy Free etc.

Week Menu Dates	
WEEK 1	25/4, 16/5, 13/6 & 4/7
WEEK 2	2/5, 23/5 & 20/6
WEEK 3	9/5, 6/6 & 27/6

St Mary's School Menu 2022 – Week One

Trinity Term



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	<p>"Meat Free Monday"</p> <p>Plated Based Veggie Burger & Glazed Bun</p> <p>Veggie Hot Dog</p>	<p>Greek Chicken Gyros Tortilla Wrap</p>	<p>"Pasta Bar"</p> <p>Selection of Pasta Topped With:</p> <p>Beef & Lentil Bolognese</p> <p>Tomato & Vegetable Sauce</p>	<p>Roast Chicken Yorkshire Pudding & Gravy</p>	<p>"Chip Shop Friday"</p> <p>Pollock Fish Fingers Tartar Sauce & Lemon</p>
Meat Free	<p>Sautéed Onions Classic Burger Sauce</p>	<p>Middle Eastern Falafel</p>		<p>Mushroom & Spinach Pithier</p>	<p>Vegetable Fingers</p>
On the side	<p>Potato Wedges BBQ Beans, Coleslaw</p>	<p>Rainbow Slaw, Greek Salad, Tzatziki New Potatoes</p>	<p>Garlic Bread French Beans</p>	<p>Roast Potatoes Carrot & Bean Medley</p>	<p>French Fries, Peas Mushy Peas</p>
Jacket & Pasta	<p>Pasta & Tomato Sauce Jacket Potato</p>	<p>Pasta & Marinara Sauce Jacket Potato & Sweet potato</p>	<p>Jacket Potato</p>	<p>Pasta & Marinara Sauce Jacket Potato & Sweet potato</p>	<p>Pasta & Tomato Sauce Jacket Potato</p>
Dessert	<p>Fruity Coconut Flapjack</p>	<p>Fresh Fruit Pots Fruit Yoghurt Pots Jelly Pots</p>	<p>Black Forest Mousse Pots</p>	<p>Fresh Fruit Pots Fruit Yoghurt Pots Jelly Pots</p>	<p>Carrot Cake & Vanilla Frosting</p>
Every day	<p>Fresh Fruit Pots & Yoghurt Pots</p>		<p>Fresh Fruit Pots & Yoghurt Pots</p>		<p>Fresh Fruit Pots & Yoghurt Pots</p>

St Mary's School Menu 2022 – Week Two

Trinity Term



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	"Meat Free Monday" Mac & Cheese Topped with: Pesto Roasted Veggies Curried Chickpea Mixed Bean Chilli	Chinese Sweet & Sour Pork	'Build Your Own Salad' Grilled Chicken Thighs Roasted Chickpeas Diced Halloumi	Honey Glazed Gammon Yorkshire Pudding & Gravy	'Proper Burgers' Build your own Burger
Meat Free		Ginger, Garlic & Chilli Baked Tofu	Boiled Eggs	Sweet Pea & Potato Frittata	Build your own Veggie Burger
On the side	Sweetcorn, Mixed Salad	Chop Suey Noodles Stir Fry Vegetables Prawn Crackers	Croutons, Coz Lettuce, Parmesan Cheese, Caesar Dressing French Dressing	New Potatoes Broccoli & Buttered Carrots	French Fries Baked Beans Corn on the Cob
Jacket & Pasta	Pasta & Tomato Sauce Jacket Potato	Pasta & Marinara Sauce Jacket Potato & Sweet potato	Pasta & Pesto Sauce Jacket Potato	Pasta & Marinara Sauce Jacket Potato & Sweet potato	Pasta & Tomato Sauce Jacket Potato
Dessert	Chocolate & Beetroot Brownie	Fresh Fruit Pots Fruit Yoghurt Pots Jelly Pots	Summer Fruit Cheesecake	Fresh Fruit Pots Fruit Yoghurt Pots Jelly Pots	Classic Fruit Crumble & Vanilla Custard
Every day	Fresh Fruit Pots & Yoghurt Pots		Fresh Fruit Pots & Yoghurt Pots		Fresh Fruit Pots & Yoghurt Pots

St Mary's School Menu 2022 – Week Three

Trinity Term



Monday

Tuesday

Wednesday

Thursday

Friday

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	"Meat Free Monday" Vegetable & Soya Mince Chilli	Hunters Chicken <small>Roasted Chicken Thigh, BBQ Sauce & Cheddar Cheese</small>	"it's a Pizza Pasta" Margarita Pizza Pepperoni Pizza	Roasted Turkey Yorkshire Pudding, Cranberry Sauce & Thyme Gravy	"Chip Shop Friday" Battered Fish of The Day Tartar Sauce & Lemon
Meat Free	Huevos Rancheros	Quorn Sausage & Sweet Pepper Casserole	Vegan Cheese & Tomato Pizza	Root Vegetable & Chickpea Sausage Roll	Cheese & Potato Pasty
On the side	Long Grain Rice & Nachos Warm Mexican Corn Salad Yoghurt Dressing	Mashed Potato Green Beans & Carrots	Potato Wedges Red Cabbage Coleslaw	Parmenter Potatoes Cauliflower & Broccoli Cheese	French Fries, Peas Mushy Peas
Jacket & Pasta	Pasta & Tomato Sauce Jacket Potato	Pasta & Marinara Sauce Jacket Potato & Sweet potato	Pasta & Pesto Sauce Jacket Potato	Pasta & Marinara Sauce Jacket Potato & Sweet potato	Pasta & Tomato Sauce Jacket Potato
Dessert	Cheshire Creameries Choc Ice	Fresh Fruit Pots Fruit Yoghurt Pots Jelly Pots	Cake Pizza	Fresh Fruit Pots Fruit Yoghurt Pots Jelly Pots	Lemon & Berry Fool
Every day	Fresh Fruit Pots & Yoghurt Pots		Fresh Fruit Pots & Yoghurt Pots		Fresh Fruit Pots & Yoghurt Pots

St Mary's School Menu 2022 – Week One

Trinity Term Nursery Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	<p>"Meat Free Monday"</p> <p>Plated Based Veggie Burger & Glazed Bun</p> <p>Veggie Hot Dog</p>	<p>Roast Chicken Tortilla Wrap</p>	<p>"Pasta Bar"</p> <p>Selection of Pasta Topped With:</p> <p>Beef & Lentil Bolognaise</p>	<p>Roast Chicken Yorkshire Pudding & Gravy</p>	<p>"Chip Shop Friday"</p> <p>Pollock Fish Fingers</p>
Meat Free	<p>Tomato Ketchup</p>	<p>Middle Eastern Falafel</p>	<p>Tomato & Vegetable Sauce</p>	<p>Vegetable Sausage Roll</p>	<p>Vegetable Fingers</p>
On the side	<p>Potato Wedges</p> <p>Baked Beans, Coleslaw</p>	<p>Tomato, Cucumber, Lettuce, Carrot</p> <p>New Potatoes</p>	<p>Garlic Bread</p> <p>French Beans</p>	<p>Roast Potatoes</p> <p>Carrot & Bean Medley</p>	<p>French Fries, Sweet Peas</p>
Extra Option	<p>Jacket Potato & Beans</p>	<p>Pasta & Tomato Sauce</p>	<p>Jacket Potato & Beans</p>	<p>Pasta & Tomato Sauce</p>	<p>Jacket Potato & Beans</p>
Dessert	<p>Fruity Coconut Flapjack</p>	<p>Fresh Cut Melon</p> <p>Fruit Yoghurt</p> <p>Fruit Jelly</p>	<p>Chocolate Mousse Pots</p>	<p>Fresh Cut Melon</p> <p>Fruit Yoghurt</p> <p>Fruit Jelly</p>	<p>Carrot Cake & Vanilla Frosting</p>
Every day	<p>Fresh Cut Melon</p>		<p>Fresh Cut Melon</p>		<p>Fresh Cut Melon</p>

St Mary's School Menu 2022 – Week Two

Trinity Term Nursery Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	"Meat Free Monday" Mac & Cheese Topped with: Roasted Veggies Mixed Bean Chilli	Diced Pork Sweet & Sour Sauce	'Build Your Own Salad' Grilled Chicken Thighs Roasted Chickpeas Diced Halloumi	Baked Gammon Yorkshire Pudding & Gravy	"Chip Shop Friday" Pollock Fish Fingers
Meat Free		Baked Tofu	Boiled Eggs	Sweet Pea & Potato Frittata	Cheese & Potato Pasty
On the side	Sweetcorn, Mixed Salad	Chop Suey Noodles Stir Fry Vegetables Prawn Crackers	Croutons, Coz Lettuce, Parmesan Cheese, Caesar Dressing French Dressing	New Potatoes Broccoli & Buttered Carrots	French Fries Peas
Jacket & Pasta	Jacket Potato & Beans	Pasta & Tomato Sauce	Jacket Potato & Beans	Pasta & Tomato Sauce	Jacket Potato & Beans
Dessert	Chocolate & Beetroot Brownie	Fresh Cut Melon Fruit Yoghurt Fruit Jelly	Summer Fruit Cheesecake	Fresh Cut Melon Fruit Yoghurt Fruit Jelly	Classic Fruit Crumble & Vanilla Custard
Every day	Fresh Cut Melon		Fresh Cut Melon		Fresh Cut Melon

St Mary's School Menu 2022 – Week Three

Trinity Term Nursery Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	"Meat Free Monday" Vegetable & Soya Mince Chilli	Chicken With BBQ Sauce	"it's a Pizza Pasta" Margarita Pizza Pepperoni Pizza	Roasted Turkey Yorkshire Pudding & Thyme Gravy	"Chip Shop Friday" Pollock Fish Fingers
Meat Free		Quorn Sausage	Vegan Cheese & Tomato Pizza	Root Vegetable & Chickpea Sausage Roll	Vegetable Sausages
On the side	Long Grain Rice & Nachos Warm Mexican Corn Salad	Mashed Potato Green Beans & Carrots	Potato Wedges Red Cabbage Coleslaw	Parmenter Potatoes Cauliflower & Broccoli Cheese	French Fries, Peas
Jacket & Pasta	Jacket Potato & Beans	Pasta & Tomato Sauce	Jacket Potato & Beans	Pasta & Tomato Sauce	Jacket Potato & Beans
Dessert	Vanilla Ice Cream	Fresh Cut Melon Fruit Yoghurt Fruit Jelly	Cake Pizza	Fresh Cut Melon Fruit Yoghurt Fruit Jelly	Lemon & Berry Fool
Every day	Fresh Cut Melon		Fresh Cut Melon		Fresh Cut Melon