



Lent Term 2024 Menu



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 of the dishes to meet the needs of all dietary requirements ie Halal, Gluten Free, Vegan, Dairy Free etc.

Week Menu Dates	
WEEK 1	8 th Jan – 12 th Jan, 29 th Jan – 2 nd Feb, 26 th Feb – 1 st March, 18 th March – 22 nd March
WEEK 2	15 th Jan – 19 th Jan, 5 th Feb – 9 th Feb, 4 th March – 8 th March, 25 th March – 28 th March
WEEK 3	22 nd Jan – 26 th Jan, 19 th Feb – 23 rd Feb, 11 th March – 15 th March

St Mary's School Menu 2024 – Week One

Lent Term



	Monday "Meat Free Monday"	Tuesday	Wednesday	Thursday	Friday
Main Meal	Macaroni Cheese with Crispy onions GF Macaroni Cheese With Rosemary Focaccia	Frankfurter Hotdogs with Fried Onion GF Hotdog	Pepperoni Pizza GF Pepperoni Pizza Garlic Bread	Honey Roast Gammon Halal Chicken Yorkshire Pudding & Gravy	Pollock Fish Fingers Pollock Fillet GF Pollock Fillet Tartar Sauce & Lemon
Meat Free		Vegetable Hotdogs	Margarita Pizza	Courgette and Sweetcorn Fritter with Poached Egg	Lentil and Vegetable Stew
On the side	Mixed Rocket Salad Broccoli Florets Cauliflower	Chipped Potatoes Corn on the Cob Streamed Carrots	Potato Wedges Green Beans Fried Mushrooms and Onions	Roast Potatoes Crushed Carrots & Swede Sauté Cabbages	French Fries, Peas Baked Beans
Jacket & Pasta	Pasta & Tomato Sauce Jacket Potato	Pasta & Marinara Sauce Jacket Potato & Sweet potato	Pasta & Garden Vegetable Tomato Sauce Jacket Potato	Pasta & Marinara Sauce Jacket Potato & Sweet potato	Pasta & Tomato Sauce Jacket Potato
Dessert	Fruit Crumble with Custard	Fresh Fruit Pots Fruit Yoghurt Pots Jelly Pots	Chocolate Brownie	Fresh Fruit Pots Fruit Yoghurt Pots Jelly Pots	Rice Pudding with Jam Sauce
Every day	Fresh Fruit Pots & Yoghurt Pots		Fresh Fruit Pots & Yoghurt Pots		Fresh Fruit Pots & Yoghurt Pots

St Mary's School Menu 2024 – Week Two

Lent Term



	Monday "Meat Free Monday"	Tuesday	Wednesday	Thursday	Friday
Main Meal	Baked Gnocchi with Leeks and Broccoli	Ham and Cheese Panini Gluten free ham and Cheese Panini	Pork and herb Sausages Halal Chicken Sausages	BBQ Chicken Halal BBQ Chicken	Battered Fish of The Day Tartar Sauce & Lemon
Meat Free	Basil Bread	Cheese and Tomato Panini	Vegetarian Quorn Sausages	Roasted Vegetable Quiche	Vegan Fingers
On the side	Roasted Tomatoes Herbed Squash	Chipped Potatoes Corn on the Cob Green Beans	Mashed Potatoes Garden Peas Roast Parsnips	Wedges Buttered Carrots Sweetcorn	French Fries, Peas Baked Beans
Jacket & Pasta	Pasta & Tomato Sauce Jacket Potato	Pasta & Marinara Sauce Jacket Potato & Sweet potato	Pasta & Garden Vegetable Tomato Sauce Jacket Potato	Pasta & Marinara Sauce Jacket Potato & Sweet potato	Pasta & Tomato Sauce Jacket Potato
Dessert	American Pancakes with Maple Syrup	Fresh Fruit Pots Fruit Yoghurt Pots Jelly Pots	Citrus Sponge with Custard	Fresh Fruit Pots Fruit Yoghurt Pots Jelly Pots	Sprinkle cake
Every day	Fresh Fruit Pots & Yoghurt Pots		Fresh Fruit Pots & Yoghurt Pots		Fresh Fruit Pots & Yoghurt Pots

St Mary's School Menu 2024 – Week Three

Lent Term



	Monday "Meat Free Monday"	Tuesday	Wednesday	Thursday	Friday
Main Meal	Quorn Chilli with Tortillas Salsa Sour Cream	Southern Fried Chicken Halal SF Chicken GF Spiced Chicken	Beef Bourguignonne Halal Beef Bourguignonne	Spaghetti Bolognese Halal Bolognese Garlic Bread	Pollock Fish Fingers Tuna Pasta Bake
Meat Free		Avocado Toast with Poached Egg	Mushroom Casserole	Vegetable Bolognese	Spanish omelette
On the side	Steamed Rice Creamy Leeks Spiced Cauliflower	Cajun Wedges Sweetcorn Spring Greens	Mashed Potato Steamed Broccoli Roasted Root Vegetables	Mediterranean Peppers Garlic Tomatoes	Chips Garden Peas Baked Beans
Jacket & Pasta	Pasta & Tomato Sauce Jacket Potato	Pasta & Marinara Sauce Jacket Potato & Sweet potato	Pasta & Tomato Sauce Jacket Potato	Pasta & Marinara Sauce Jacket Potato & Sweet potato	Pasta & Tomato Sauce Jacket Potato
Dessert	Frosted Banana Cake	Fresh Fruit Pots Fruit Yoghurt Pots Jelly Pots	Lemon Cheesecake	Fresh Fruit Pots Fruit Yoghurt Pots Jelly Pots	Chocolate Sponge & Chocolate Sauce
Every day	Fresh Fruit Pots & Yoghurt Pots		Fresh Fruit Pots & Yoghurt Pots		Fresh Fruit Pots & Yoghurt Pots

St Mary's School Menu 2023 – Week One

Lent Term

Nursery Menu



	Monday "Meat Free Monday"	Tuesday	Wednesday	Thursday	Friday
Main Meal	Macaroni Cheese with Crispy onions GF Macaroni Cheese	Frankfurter Hotdogs with Fried Onion GF Hotdog	Pepperoni Pizza GF Pepperoni Pizza Garlic Bread	Honey Roast Gammon Halal Chicken Yorkshire Pudding & Gravy	Pollock Fish Fingers Pollock Fillet GF Pollock Fillet Tartar Sauce & Lemon
Meat Free	With Rosemary Focaccia	Vegetable Hotdogs	Margarita Pizza	Courgette and Sweetcorn Fritter with Poached Egg	Lentil and Vegetable Stew
On the side	Mixed Rocket Salad Broccoli Florets Cauliflower	Chipped Potatoes Corn on the Cob Streamed Carrots	Potato Wedges Green Beans Fried Mushrooms and Onions	Roast Potatoes Crushed Carrots & Swede Sauté Cabbages	French Fries, Peas Baked Beans
Jacket & Pasta	Pasta & Tomato Sauce Jacket Potato	Pasta & Marinara Sauce Jacket Potato & Sweet potato	Pasta & Garden Vegetable Tomato Sauce Jacket Potato	Pasta & Marinara Sauce Jacket Potato & Sweet potato	Pasta & Tomato Sauce Jacket Potato
Dessert	Fruit Crumble with Custard	Fresh Fruit Pots Fruit Yoghurt Pots Jelly Pots	Chocolate Brownie	Fresh Fruit Pots Fruit Yoghurt Pots Jelly Pots	Rice Pudding with Jam Sauce
Every day	Fresh Fruit Pots & Yoghurt Pots		Fresh Fruit Pots & Yoghurt Pots		Fresh Fruit Pots & Yoghurt Pots

St Mary's School Menu 2023 – Week Two

Lent Term

Nursery Menu



	Monday "Meat Free Monday"	Tuesday	Wednesday	Thursday	Friday
Main Meal	Baked Gnocchi with Leeks and Broccoli	Ham and Cheese Panini Gluten free ham and Cheese Panini	Pork and herb Sausages Halal Chicken Sausages	BBQ Chicken Halal BBQ Chicken	Battered Fish of The Day Tartar Sauce & Lemon
Meat Free	Basil Bread	Cheese and Tomato Panini	Vegetarian Quorn Sausages	Roasted Vegetable Quiche	Vegan Fingers
On the side	Roasted Tomatoes Herbed Squash	Chipped Potatoes Corn on the Cob Green Beans	Mashed Potatoes Garden Peas Roast Parsnips	Wedges Buttered Carrots Sweetcorn	French Fries, Peas Baked Beans
Jacket & Pasta	Pasta & Tomato Sauce Jacket Potato	Pasta & Marinara Sauce Jacket Potato & Sweet potato	Pasta & Garden Vegetable Tomato Sauce Jacket Potato	Pasta & Marinara Sauce Jacket Potato & Sweet potato	Pasta & Tomato Sauce Jacket Potato
Dessert	American Pancakes with Maple Syrup	Fresh Fruit Pots Fruit Yoghurt Pots Jelly Pots	Citrus Sponge with Custard	Fresh Fruit Pots Fruit Yoghurt Pots Jelly Pots	Sprinkle cake
Every day	Fresh Fruit Pots & Yoghurt Pots		Fresh Fruit Pots & Yoghurt Pots		Fresh Fruit Pots & Yoghurt Pots

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	Monday "Meat Free Monday"	Tuesday	Wednesday	Thursday	Friday
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Meat Free		Avocado Toast with Poached Egg	Mushroom Casserole	Vegetable Bolognese	Spanish omelette
On the side	Steamed Rice Creamy Leeks Spiced Cauliflower	Cajun Wedges Sweetcorn Spring Greens	Mashed Potato Steamed Broccoli Roasted Root Vegetables	Mediterranean Peppers Garlic Tomatoes	Chips Garden Peas Baked Beans
Jacket & Pasta	Pasta & Tomato Sauce Jacket Potato	Pasta & Marinara Sauce Jacket Potato & Sweet potato	Pasta & Tomato Sauce Jacket Potato	Pasta & Marinara Sauce Jacket Potato & Sweet potato	Pasta & Tomato Sauce Jacket Potato
Dessert	Frosted Banana Cake	Fresh Fruit Pots Fruit Yoghurt Pots Jelly Pots	Lemon Cheesecake	Fresh Fruit Pots Fruit Yoghurt Pots Jelly Pots	Chocolate Sponge & Chocolate Sauce
Every day	Fresh Fruit Pots & Yoghurt Pots		Fresh Fruit Pots & Yoghurt Pots		Fresh Fruit Pots & Yoghurt Pots