



## Reigate St. Mary's School – Lunch Menu - Week 4 26<sup>th</sup> – 30<sup>th</sup> September



	<b>Meat Free Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Soup</b>	Homemade soup of the day with fresh bread	Homemade soup of the day with fresh bread	Homemade soup of the day with fresh bread	Homemade soup of the day with fresh bread	Homemade soup of the day with fresh bread
<b>Main Course</b>  <b>Vegetarian</b>	Meat Free Options:  Sweet Potato and White bean Vegetable Chilli carne or Pasta with Tomato Sauce or Pesto Sauce (sauce served separately)	Chicken Drumsticks Or Eat Well Taco with Low fat Turkey Mince  Veggie Kebabs	Sloppy Joes on Whole meal Buns  Lentil Sloppy Joes on Whole meal Buns	Roast Chicken Stuffing and Gravy  Cheesy Pesto Pockets	Fish Fingers Battered Fish Fish Finger Sandwiches  Vegetable Fingers
<b>Jacket Potato Option</b>	Baked Beans with fillings - Tuna ( <i>in Spring Water</i> ); Cheese; egg and rainbow salad pots	Baked Beans with fillings - Tuna ( <i>in Spring Water</i> ); Cheese; egg and rainbow salad pots	Baked Beans with fillings - Tuna ( <i>in Spring Water</i> ); Cheese; egg and rainbow salad pots	Baked Beans with fillings - Tuna ( <i>in Spring Water</i> ); Cheese; egg and rainbow salad pots	Baked Beans with fillings – Tuna ( <i>in Spring Water</i> ); Cheese; egg and rainbow salad pots
<b>Sides</b>	Pasta Fresh Vegetables of the Day Fresh Rainbow Salad Pots Fresh salad	Steamed wholegrain ice or Cous Cous Fresh Vegetables of the Day Fresh Rainbow Salad Pots Fresh salad	Sweet Potato Jacket Wedges Fresh Vegetables of the Day Fresh Rainbow Salad Pots Fresh salad	Roast Potatoes Fresh Vegetables of the Day Fresh Rainbow Salad Pots Fresh Salad	Chips Baked Beans Fresh Vegetables of the Day Fresh Bread (w) Fresh Rainbow Salad Pots
<b>Dessert</b>	Apple Crumble with Custard Fresh Fruit Homemade Yogurt	Cheesy Tuesday – cheese platter with grapes, celery and crackers Fresh Fruit	Treacle Sponge and Custard Fresh Fruit Homemade Yogurt	Flapjacks Fresh Fruit Homemade Yogurt	Fruity Friday Homemade Yogurt
<b>Notes</b>	<p>Meat is purchased from local British Accredited Butchers and is traceable back to the UK Farm it was sourced from</p> <p>Organic milk, eggs and flour are used in all cooking and organic meat is served once a week (subject to availability).</p> <p>Wholegrain bread, pasta, rice and spaghetti are used (subject to availability).</p> <p>Seasonal Vegetables are served when available.</p> <p>Gluten free meals are available as an alternative for those pupils who are Gluten intolerant.</p> <p>Alternative meals are available where food allergies apply.</p>				



## Reigate St. Mary's School – Lunch Menu – Week 5      3<sup>rd</sup> - 7<sup>th</sup> October



	<b>Meat Free Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Soup</b>	Homemade soup of the day with fresh bread	Homemade soup of the day with fresh bread	Homemade soup of the day with fresh bread	Homemade soup of the day with fresh bread	Homemade soup of the day with fresh bread
<b>Main Course Options</b>	Baked Butternut Squash Macaroni Cheese	Pork or Beef Sausages Gluten Free available	Turkey Burgers in Whole meal Buns	Chili Con Carne	Breaded Fish Fingers Battered Fish Fish Finger Sandwiches
<b>Vegetarian</b>	Or Pasta Paloozai	Vegetarian Sausages	Falafel in Pittas	3 Bean Vegetable Chili	Vegetable Fingers
<b>Jacket Potato (King Edwards or Sweet) alternative to main course - fillings</b>	Baked Beans) with fillings - Tuna ( <i>in Spring Water</i> ); Cheese; egg and rainbow salad pots	Baked Beans with fillings - Tuna ( <i>in Spring Water</i> ); Cheese; egg and rainbow salad pots	Baked Beans with fillings - Tuna ( <i>in Spring Water</i> ); Cheese; egg and rainbow salad pots	Baked Beans with fillings - Tuna ( <i>in Spring Water</i> ); Cheese; egg and rainbow salad pots	Baked Beans with fillings - Tuna ( <i>in Spring Water</i> ); Cheese; egg and rainbow salad pots
<b>Sides</b>	Pasta Fresh Vegetables of the Day Fresh Rainbow Salad Pots Fresh Bread	Mashed Potatoes Fresh Vegetables of the Day Fresh Rainbow Salad Pots	Sweet Potato Wedges Fresh Vegetables of the Day Fresh Rainbow Salad Pots Fresh Bread	Steamed Rice Fresh Vegetables of the Day Fresh Rainbow Salad Pots	Chips Baked Beans Fresh Vegetables of the Day Fresh Bread Fresh Rainbow Salad Pots
<b>Dessert</b>	Mixed Fruit Crumble with Custard Fresh Fruit Homemade Yogurt	Cheesy Tuesdays cheese platter with grapes, celery, crackers Fresh Fruit Homemade Yogurt	Ice Cream Fresh Fruit Homemade Yogurt	Chocolate Pudding Chocolate Sauce Fresh Fruit Homemade Yogurt	Fruity Friday Homemade Yogurt
<b>Notes</b>	<p>Meat is purchased from local British Accredited Butchers and is traceable back to the UK Farm it was sourced from. Organic milk, eggs and flour are used in all cooking and organic meat is served once a week (subject to availability). Wholegrain bread, pasta, rice and spaghetti are used (subject to availability). Seasonal Vegetables are served when available. Gluten free meals are available as an alternative for those pupils who are Gluten intolerant. Alternative meals are available where food allergies apply.</p>				



## Reigate St. Mary's School – Lunch Menu – Week 6      10<sup>th</sup> – 14<sup>th</sup> October



	<b>Meat Free Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Soup</b>	Homemade soup of the day with fresh bread	Homemade soup of the day with fresh bread	Homemade soup of the day with fresh bread	Homemade soup of the day with fresh bread	Homemade soup of the day with fresh bread
<b>Main Course</b>	Meat free Monday options: Quorn Lasagna Or Pasta Neapolitan	Chicken in breadcrumbs	Spaghetti Bolognese	Hotdogs in whole meal rolls	Breaded Fish Fingers Battered Fish Fish Finger (Sandwiches)
<b>Vegetarian</b>		Quorn in Breadcrumbs	Spaghetti vegetable Bolognese	Vegetarian hotdogs in whole meal rolls	Vegetable Fingers
<b>Jacket Potato (King Edwards or Sweet) alternative to main course - fillings</b>	Baked Beans with fillings - Tuna ( <i>in Spring Water</i> ); Cheese; egg and rainbow salad pots	Baked Beans with fillings - Tuna ( <i>in Spring Water</i> ); Cheese; egg and rainbow salad pots	Baked Beans with fillings - Tuna ( <i>in Spring Water</i> ); Cheese; egg and rainbow salad pots	Baked Beans with fillings - Tuna ( <i>in Spring Water</i> ); Cheese; egg and rainbow salad pots	Baked Beans with fillings - Tuna ( <i>in Spring Water</i> ); Cheese; egg and rainbow salad pots
<b>Sides</b>	Pasta Fresh Vegetables of the Day Fresh Rainbow Salad Pots	New Potatoes Vegetables of the Day Salsa and Sour Cream Fresh Rainbow Salad Pots	Spaghetti Vegetables of the Day Fresh Rainbow Salad Pots Fresh Bread	Sweet Potato Jacket Wedges Fresh Vegetables of the Day Fresh Rainbow Salad Pots	Chips Baked Beans Fresh Vegetables of the Day Fresh Rainbow Salad Pots Fresh Bread
<b>Dessert</b>	Cherry Pie and Custard Fresh Fruit Homemade Yogurt	Cheesy Tuesday cheese platter with grapes, celery, crackers Fresh Fruit Homemade Yogurt	Fresh Fruit Jelly Pots Fresh Fruit Homemade Yogurt	Iced Sponge Fresh Fruit Homemade Yogurt	Fruity Friday Homemade Yogurt
<b>Notes</b>	<p>Meat is purchased from local British Accredited Butchers and is traceable back to the UK Farm it was sourced from. Organic milk, eggs and flour are used in all cooking and organic meat is served once a week (subject to availability). Wholegrain bread, pasta, rice and spaghetti are used (subject to availability). Seasonal Vegetables are served when available. Gluten free meals are available as an alternative for those pupils who are Gluten intolerant. Alternative meals are available where food allergies apply.</p>				