



Autumn Term Menu 2024



Week 1

Monday
Chicken, butter bean & spinach masala with rice & poppadom (M) or Jacket potato with cheese and beans (M) - Yeo valley yoghurt (M)
Tuesday
100% Beef burger in a brioche bun, diced potatoes & grated carrot slaw (G, S, E, M) or Quorn burger in a brioche bun, diced potatoes & grated carrot slaw (G, M, E) - Melon wedge
Wednesday
Lamb meatballs in a tomato sauce with spaghetti & cheddar cheese (M, G, S) or Mac n cheese with curly kale, peas & focaccia (M, G) - Blackcurrant Jelly
Thursday
Roast Gammon with roast potatoes, broccoli & baby carrots (C, G) or Veggie roast (G, S) - Chocolate and papaya brownie (G)
Friday
Fish cake, smashed buttered potatoes, peas and sweetcorn (G,F) or Tomato penne pasta bake (G, M) - Frozen raspberry yoghurt (M)

Week 2

Monday
Bangers and mash with peas & gravy (G, Su) or Veggie sausages (M) - Yeo valley fromage frais (M)
Tuesday
Sweet & sour chicken balls with egg noodles & prawn crackers (G, E, Cr) or Jacket Potato with Beans and Cheese (G, E) - Banana or satsuma
Wednesday
Plant based lasagne, garlic bread & mixed salad (M, G, C) or Quorn dippers & chips (G) - Warm autumn fruit sponge & squirty dairy cream (D,G)
Thursday
Roast beef, mini Yorkshire pudding, roast potatoes, swede & green beans (G,M,E,Ce) or Veggie roast (S,G) - Cookie (E, G)
Friday
Cod fishfinger, oven fries & baked beans (G,F) or Margherita pizza (M,G) - Waffle cone & strawberry ice cream (M, G, S)

Contains:- **G** = gluten **S** = soya **M** = milk **C** = celery **Cr** = crustaceans **E** = egg **B** = Fish **So** = Soya **Su** = Sulphite

Hot meals are available to order for all children.

Meals are free of charge for all children in Reception, Year 1 and Year 2

or at a cost of **£2.60** for children in Years 3 - 6.

All children are offered water with their lunch.

If your child has a food intolerance or allergy,
please make sure you have emailed the school office with details

- office@st-marys.poole.sch.uk



Children may also bring a packed lunch if they prefer,

however fizzy drinks, nuts, sesame or sweets may not be included in their packed lunch.

We are a nut free school so ask that no products containing nuts are brought to school please.