



Reigate St. Mary's School – Lunch Menu – Week 1



	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Soup			Homemade soup of the day with fresh bread (g w)	Homemade soup of the day with fresh bread (g w)	Homemade soup of the day with fresh bread (g w)
Main Course Vegetarian			Spaghetti (g w) Bolognaise Pesto, ricotta & Rocket Pasta (g) Bake	British Pork or Beef Sausages (g) with Onion Gravy (g) Quorn (e) Sausage	Breaded Fish Fingers (g e) Battered Fish (g e) Fish Finger (g e) Sandwiches Vegetable Fingers
Jacket Potato (King Edward or Sweet) alternative to main course - fillings			Baked Beans (rss), Tuna (in Spring Water) or Cheese	Baked Beans (rss), Tuna (in Spring Water) or Cheese	Baked Beans (rss), Tuna (in Spring Water) or Cheese
Sides			Pasta (g) Fresh Vegetables of the Day Fresh salad	Mash Potato Fresh Vegetables of the Day Fresh Salad	Chips Baked Beans (rss) Fresh Vegetables of the Day Fresh Bread (w) Fresh Salad
Dessert			Strawberry Cheesecake (g) (rs) Fresh Fruit Homemade Yogurt Jelly Pots (orange v)	Cheesy Thursday – cheese platter with grapes, celery and crackers (g) Fresh Fruit Homemade Yogurt	Fruity Friday Homemade Yogurt Jelly Pots (orange v)

Organic flour, eggs, pasta, rice, spaghetti and milk are used in all our cooking when available
g Contains Gluten - wheat free alternative where appropriate provided for gluten allergies.
e Contains egg
w Wholegrain
rss Reduced sugar reduced salt
 Note all meat is purchased from local British Accredited Butchers and is traceable back to the UK Farm it was sourced from.