



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



	<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 (g w)	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)	Homemade soup of the day with fresh bread (g w)
<b>Main Course</b> <b>Vegetarian</b>	Meat Free Options:  Quorn Lasagna (e g) Pasta (g) with Tomato or Pesto Sauce (sauce served separately)	Chicken Fajitas (g)  Vegetable Fajitas (g)	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
<b>Jacket Potato (King Edward or Sweet) alternative to main course - fillings</b>	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	Baked Beans (rss), Tuna (in Spring Water) or Cheese	Baked Beans (rss), Tuna (in Spring Water) or Cheese
<b>Sides</b>	Pasta (g) Fresh Vegetables of the Day Fresh salad	Salsa & Sour Cream Tortilla Crisps (g) Fresh Vegetables of the Day Fresh salad	Pasta (g) Fresh Vegetables of the Day Fresh salad	Mash Potato/Cheesy Mash Fresh Vegetables of the Day Fresh Salad	Chips Baked Beans (rss) Fresh Vegetables of the Day Fresh Bread (w) Fresh Salad
<b>Dessert</b>	Apple Crumble (g) (rss) with Cream Fresh Fruit Homemade Yogurt Jelly Pots (orange v)	Cheesy Tuesday – cheese platter with grapes, celery and crackers (g) Fresh Fruit Homemade Yogurt	Strawberry Cheesecake (g) (rs) Fresh Fruit Homemade Yogurt Jelly Pots (orange v)	Treacle sponge (g e) with Custard 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.