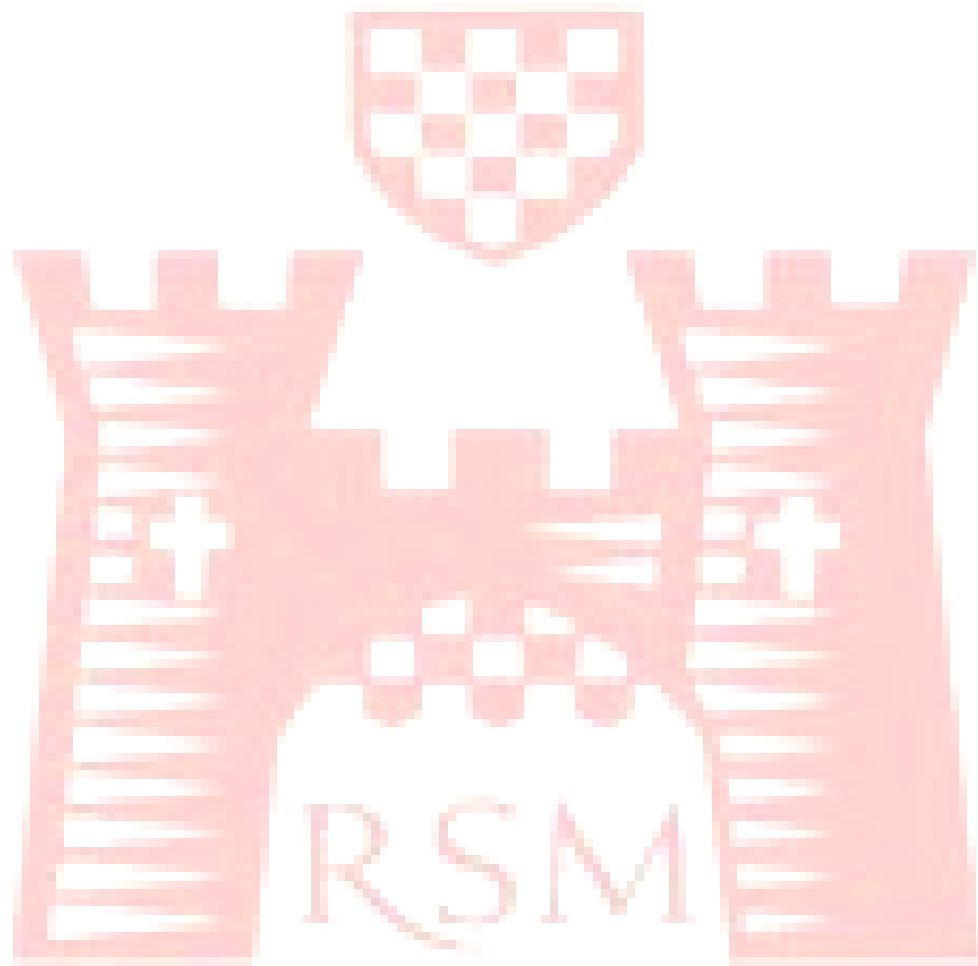




Reigate St. Mary's School – Lunch Menu - Week 5 - 9th - 14th May



	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Homemade soup of the day with fresh bread (gw)	Homemade soup of the day with fresh bread (gw)	Homemade soup of the day with fresh bread (gw)	Homemade soup of the day with fresh bread (gw)	Homemade soup of the day with fresh bread (gw)
Main Course Vegetarian	Meat Free Options: Moroccan Chickpea Stew or Pasta (g) with Tomato Sauce or Pesto Sauce (sauce served separately)	BBQ Chicken Drumsticks Veggie Kebabs	Roast Chicken Cheese and Broccoli twice baked potatoes	Sloppy Joes on Whole meal Buns Lentil Sloppy Joes on Whole meal Buns	Fish Fingers (ge) Battered Fish (ge) Fish Finger Sandwiches (ge) Vegetable Fingers
Jacket Potato (King Edward or Sweet) alternative to main course - fillings	Baked Beans (rss) with fillings - Tuna (in Spring Water); Cheese; egg and rainbow salad pots	Baked Beans (rss) with fillings - Tuna (in Spring Water); Cheese; egg and rainbow salad pots	Baked Beans (rss) with fillings - Tuna (in Spring Water); Cheese; egg and rainbow salad pots	Baked Beans (rss) with fillings - Tuna (in Spring Water); Cheese; egg and rainbow salad pots	Baked Beans (rss) with fillings - Tuna (in Spring Water); Cheese; egg and rainbow salad pots
Sides	Pasta (gow) Fresh Vegetables of the Day Fresh Rainbow Salad Pots Fresh salad	Cous Cous Fresh Vegetables of the Day Fresh Rainbow Salad Pots Fresh salad	Roast Potatoes (g) Fresh Vegetables of the Day Fresh Rainbow Salad Pots Fresh salad	Steamed Rice (ow) Fresh Vegetables of the Day Fresh Rainbow Salad Pots Fresh Salad	Chips Baked Beans (rss) Fresh Vegetables of the Day Fresh Bread (w) Fresh Rainbow Salad Pots
Dessert	Apple Crumble (g) (rss) with Custard Fresh Fruit Homemade Yogurt	Cheesy Tuesday – cheese platter with grapes, celery and crackers (g) Fresh Fruit Homemade Yogurt Fruit in Jelly	Treacle sponge (ge) with Custard Fresh Fruit Homemade Yogurt	St Mary's Tasty Flapjacks Fresh Fruit Homemade Yogurt	Fruity Friday Homemade Yogurt Jelly Pots (orange v)
Notes	<p>o Organic flour, eggs, pasta and milk are used in all our cooking when available</p> <p>g Contains Gluten - wheat free alternative where appropriate provided for gluten allergies.</p> <p>e Contains egg</p> <p>w Wholegrain</p> <p>rss Reduced sugar reduced salt</p> <p>Note all meat is purchased from local British Accredited Butchers and is traceable back to the UK Farm it was sourced from.</p>				





Reigate St. Mary's School – Lunch Menu – Week 6 – 16th - 20th May



	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Homemade soup of the day with fresh bread (gw)	Homemade soup of the day with fresh bread (gw)	Homemade soup of the day with fresh bread (gw)	Homemade soup of the day with fresh bread (gw)	Homemade soup of the day with fresh bread (gw)
Main Course	3 Bean Vegetable Chili	Pork or Beef Sausages Gluten Free available	Turkey Meatball Pittas	Chili Con Carne	Breaded Fish Fingers(e g) Battered Fish (e g) Fish Finger (e g) Sandwiches
Vegetarian	Or Pasta Paloozai	Vegetarian Sausages	Falafel in Pittas	Baked Butternut Squash Macaroni Cheese (w)	Vegetable Fingers
Jacket Potato (King Edwards or Sweet) alternative to main course - fillings	Baked Beans (rss) with fillings - Tuna (in Spring Water); Cheese; egg and rainbow salad pots	Baked Beans (rss) with fillings - Tuna (in Spring Water); Cheese; egg and rainbow salad pots	Baked Beans (rss) with fillings - Tuna (in Spring Water); Cheese; egg and rainbow salad pots	Baked Beans (rss) with fillings - Tuna (in Spring Water); Cheese; egg and rainbow salad pots	Baked Beans (rss) with fillings - Tuna (in Spring Water); Cheese; egg and rainbow salad pots
Sides	Pasta (gow) Fresh Vegetables of the Day Fresh Rainbow Salad Pots Fresh Bread (g w)	Mashed Potatoes Fresh Vegetables of the Day Fresh Rainbow Salad Pots	Cous Cous Fresh Vegetables of the Day Fresh Rainbow Salad Pots Fresh Bread (g w)	Steamed Rice (ow) Fresh Vegetables of the Day Fresh Rainbow Salad Pots	Chips Baked Beans (rss) Fresh Vegetables of the Day Fresh Bread (g w) Fresh Rainbow Salad Pots
Dessert	Mixed Fruit Crumble (rs) (g) with Custard Fresh Fruit Homemade Yogurt	Cheesy Tuesdays cheese platter with grapes, celery, crackers (g) Fresh Fruit Homemade Yogurt	Chocolate Pudding (rs)(e) Chocolate Sauce Fresh Fruit Homemade Yogurt	Ice Cream Fresh Fruit Homemade Yogurt	Fruity Friday Homemade Yogurt Jelly Pots (orange v)
Notes	<p>o Organic flour, eggs, pasta and milk are used in all our cooking when available</p> <p>g Contains Gluten - wheat free alternative where appropriate provided for gluten allergies.</p> <p>e Contains egg</p> <p>w Wholegrain</p> <p>rss Reduced sugar reduced salt</p> <p>Meat is purchased from local British Accredited Butchers and is traceable back to the UK Farm it was sourced from</p>				



Reigate St. Mary's School – Lunch Menu – Week 7 – 23rd - 27th May



	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Homemade soup of the day with fresh bread (gw)	Homemade soup of the day with fresh bread (gw)	Homemade soup of the day with fresh bread (gw)	Homemade soup of the day with fresh bread (gw)	Homemade soup of the day with fresh bread (gw)
Main Course	Meat free Monday options: Lentil Burger with Tomato Coolie Or Pasta Neopolitan	Eat Well Taco with low fat Turkey Mince Tacos with Quorn Mince	Pasticcio Cauliflower Cheese	Chicken in breadcrumbs(eg) Baked Potato Pizza	Breaded Fish Fingers(e g) Battered Fish (e g) Fish Finger (e g) Sandwiches (g e) Vegetable Fingers
Vegetarian					
Jacket Potato (King Edwards or Sweet) alternative to main course - fillings	Baked Beans (rss) with fillings - Tuna (in Spring Water); Cheese; egg and rainbow salad pots	Baked Beans (rss) with fillings - Tuna (in Spring Water); Cheese; egg and rainbow salad pots	Baked Beans (rss) with fillings - Tuna (in Spring Water); Cheese; egg and rainbow salad pots	Baked Beans (rss) with fillings - Tuna (in Spring Water); Cheese; egg and rainbow salad pots	Baked Beans (rss) with fillings - Tuna (in Spring Water); Cheese; egg and rainbow salad pots
Sides	Pasta (ow) Fresh Vegetables of the Day Fresh Rainbow Salad Pots	Steamed Rice (ow) Vegetables of the Day Salsa and Sour Cream Fresh Rainbow Salad Pots	Pasta (ow) Vegetables of the Day Fresh Rainbow Salad Pots Fresh Bread (g w)	New potatoes Fresh Vegetables of the Day Fresh Rainbow Salad Pots	Chips Baked Beans (rss) Fresh Vegetables of the Day Fresh Rainbow Salad Pots Fresh Bread (g w)
Dessert	Cherry Pie and Custard Fresh Fruit Homemade Yogurt	Cheesy Tuesday cheese platter with grapes, celery, crackers (g) Fresh Fruit Homemade Yogurt	Jam Sponge (g e) and custard Fresh Fruit Homemade Yogurt	St Mary's Tasty Flapjacks Fresh Fruit Homemade Yogurt	Fruity Friday Homemade Yogurt Jelly Pots (orange v)
Notes	<p>o Organic flour, eggs, pasta, rice, and milk are used in all our cooking when available</p> <p>g Contains Gluten - wheat free alternative where appropriate provided for gluten allergies.</p> <p>e Contains egg</p> <p>w Wholegrain</p> <p>rss Reduced sugar reduced salt</p> <p>Meat is purchased from local British Accredited Butchers and is traceable back to the UK Farm it was sourced from</p>				