

**SPRING 2023 BATHWICK ST. MARY CHURCH SCHOOL MENU**

<b>Week</b>	<b>Meat Free Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Week 1: 2<sup>nd</sup> January, 23<sup>rd</sup> January, 20<sup>th</sup> February, 13<sup>th</sup> March.</b>					
<b>Option 1: Main meal</b>	<b>Quorn Hot Dog</b>	<b>Roast Chicken</b>	<b>Homemade Beef Bolognaise</b>	<b>Homemade BBQ Pork</b>	<b>Jumbo Cod Fishfinger</b>
<b>Option 2: Vegetarian Meal</b>	<b>Homemade Pizza Swirls</b>	<b>Homemade Chunky Vegetable Stew</b>	<b>Homemade Lentil and Vegetable Bolognaise</b>	<b>BBQ Quorn</b>	<b>Homemade Vegetable Curry</b>
<b>All of the above served with</b>	<b>Herby Diced Potatoes Grated Carrot and Sliced Cucumber</b>	<b>Roast Potatoes, Seasonal Fresh Vegetables, Gravy</b>	<b>Penne Pasta, Sliced Baguette, Garden Peas, Sweetcorn</b>	<b>Savoury Rice, Fresh Mixed Salad</b>	<b>Oven Baked Chips, Beans and Sweetcorn</b>
<b>Week 2: 9<sup>th</sup> January, 30<sup>th</sup> January, 27<sup>th</sup> February, 20<sup>th</sup> March.</b>					
<b>Option 1: Main Meal</b>	<b>Homemade Margherita Pizza</b>	<b>Roast Gammon</b>	<b>Homemade Creamy Chicken Pasta Bake</b>	<b>Homemade Cottage Pie</b>	<b>Jumbo Cod Fishfinger</b>
<b>Option 2: Vegetarian Meal</b>	<b>Homemade Veggie Burger</b>	<b>Braised Quorn Fillet</b>	<b>Homemade Macaroni Cheese</b>	<b>Homemade Lentil and Vegetable Cottage Pie</b>	<b>Cheese Pinwheels</b>
<b>All of the above served with</b>	<b>Garlic and Smoked Paprika Wedges Fresh Salad Bar</b>	<b>Roast Potatoes, Seasonal Fresh Vegetables, Gravy</b>	<b>Garlic Bread, Grated Carrot, Cucumber and Sweetcorn</b>	<b>Cauliflower with a herby Crumb and Carrots, Sliced Baguette</b>	<b>Oven Baked Chips, Beans and Sweetcorn</b>
<b>Week 3: 16<sup>th</sup> January, 6<sup>th</sup> February, 6<sup>th</sup> March, 27<sup>th</sup> March.</b>					
<b>Option 1: Main Meal</b>	<b>Homemade 3 Cheese and Tomato Pasta Bake</b>	<b>Roast Turkey</b>	<b>Homemade Chicken Curry</b>	<b>Butchers Sausage in a Rich Gravy</b>	<b>Jumbo Cod Fishfinger</b>
<b>Option 2: Vegetarian Meal</b>	<b>Homemade Veggie and 5 Bean Chilli with Rice</b>	<b>Homemade Med Veg Patties</b>	<b>Homemade Spinach and Butternut Squash Curry</b>	<b>Quorn Sausage in a Rich Gravy</b>	<b>Homemade Cheese and Onion Quiche</b>
<b>All of the above served with</b>	<b>Fresh Mixed Salad Sliced Baguette</b>	<b>Roast Potatoes, Seasonal Vegetables, Gravy</b>	<b>Fluffy Rice, Glazed Carrots Sliced Baguette</b>	<b>Chive Mashed Potatoes, Garden Peas &amp; Cauliflower and Yorkshire Pudding</b>	<b>Oven Baked Chips, Baked Beans and Sweetcorn</b>
<b>Served every week</b>					
<b>Option 3: Alternative Meal</b>	<b>Jacket Potato with Baked Beans, Cheese or Tuna</b>	<b>Jacket Potato with Baked Beans, Cheese or Tuna</b>	<b>Jacket Potato with Baked Beans, Cheese or Tuna</b>	<b>Jacket Potato with Baked Beans, Cheese or Tuna</b>	<b>Farm Assured Ham with Chips</b>
<b>Dessert</b>	<b>Melon Slices, Fresh Fruit, Organic Yoghurt</b>	<b>Fruity Rocky Road Fresh Fruit, Organic Yoghurt</b>	<b>Shortbread Biscuit, Fresh Fruit, Organic Yoghurt</b>	<b>Apple Crumble with Custard, Fresh Fruit, Organic Yoghurt</b>	<b>Ice Cream Fresh Fruit, Organic Yoghurt</b>

Any child with food allergies or intolerances will be offered an alternative Main Course and Dessert to meet your child's needs. All the meals are served with milk or water.