

St Teresa's R.C. Primary

Week 1

Salad, Fresh Fruit, Bread and Water are available to pupils every day in all Schools.

✓ = Vegetarian

Date: 18th April, 15th May,
19th June, 17th July,
31st Aug, 25th Sept

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Chicken Chow Mein & Rice ✓ Veggie Chilli Bake	Sausage & Bean Parcel ✓ Pizza	Roast Chicken Fillet, Stuffing & Gravy ✓ Quorn Roast & Gravy	Beef Curry ✓ Stuffed Jackets	Fish in Rice Pop Coating ✓ Bean Enchiladas
Side dishes		½ Jacket Potato Garlic Ball	Roast Potatoes	Rice Flatbread	Chips
	Green Beans Sweetcorn	Baked Beans Coleslaw	Vegetable Medley	Carrots Broccoli	Peas Salad
Dessert	Apple Crumble & Custard Fresh Fruit Salad	Canadian Date Cake & Custard Fresh Fruit Salad	Ice Cream with Fresh Fruit Salad Fresh Fruit Salad	Oat & Raisin Cookie Milk Fresh Fruit Salad	Apple Muffin Fresh Fruit Salad



Have potatoes with one of our delicious main courses to get my super energy power!



Add broccoli to your meal to get my super defence power



Please visit the schools website direct or www.myschoollunch.co.uk/nottingham for further information


Menu may be subject to change



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Week 2

Salad, Fresh Fruit, Bread and Water are available to pupils every day in all Schools.

 = Vegetarian

Date: 24th April, 22nd May,
26th June, 24th July,
4th Sept, 2nd Oct

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Chicken & Tomato Pasta Bake  Vegetable Pastry Slice	Beef Lasagne  Panini	Roast Beef & Gravy  Celebration Roast & Gravy	Pork Meatballs with Tomato Sauce  Veggie Spaghetti Bolognese	Salmon Fish Cake  Cheese Flan
Side dishes	Baguette Chunk Jacket Potato Wedges	½ Jacket Potato Garlic Ball	Mashed Potatoes Yorkshire Pudding	Pasta Baguette Chunk	Chips
	Carrots Sweetcorn	Peas Salad	Carrots Green Cabbage	Broccoli Carrots	Baked Beans Peas
Dessert	Shortbread Biscuit Milk	Flapjack With Fruit Wedges	Chocolate Beetroot Brownie Custard or Milk	Eves Pudding With Custard	Chocolate Crunchies Fruit Wedges
	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad



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Week 3

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 = Vegetarian

Date: 2nd May, 5th June,
3rd Jul., 11th Sept., 9th Oct

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Sausage  Vegetarian Cottage Pie	Sweet & Sour chicken  Pizza	Roast Turkey with Gravy  Quorn Roast & Gravy	Spaghetti Bolognese  Veggie Curry	Fish Fingers  Bean Burger in a Bun
Side dishes	Mashed Potato	Rice ½ Jacket Potato	Roast Potatoes	Rice Flatbread	Chips
	Broccoli Baked Beans	Green Beans Salad	Vegetable Medley	Sweetcorn	Peas Coleslaw
Dessert	Fruit Crumble with Custard	Cornflake Tart Fruit Wedges	Jelly with Fruit Milk	Fruit Gateau	Lemon & Apricot Cookie
	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad



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St Teresa's R.C. Primary

Week 4

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Date: 8th May, 12th June,
10th Julv. 18th Sept. 16th Oct

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Cajun Chicken ✓ Veggie Lasagne	Beef Chilli ✓ Panini	Roast Gammon ✓ Vege Sausage	Louisiana Potatoes & Chicken ✓ Veggie mince Cobbler	Salmon Goujons/Nuggets ✓ Jacket Potato with Cheese
Side dishes	Rice Baguette Chunk	½ Jacket Potato Garlic Ball	Roast Potatoes	Boiled Potatoes	Chips
	Carrots Salad	Broccoli Sweetcorn	Vegetable Medley	Green Beans Carrots	Baked Beans Peas
Dessert	Iced Lemon Sponge	Chocolate Sponge With Custard	Butterscotch Tart & Fruit Wedges	Apple Streusel Cake with Custard	Devonshire Split
	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad



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