



## St Scholastica's Spring/Summer 2023 Week Three

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### Monday

#### Cheese & Tomato Pasta Bake

served with homemade garlic bread and Peas

Contains: *Milk, SO2, Gluten (Wheat)*

#### Cannelloni Bean, Tomato Pasta

served with garlic bread and peas

Contains: *SO2, Gluten (Wheat)*

vegan

#### Jacket Potato

Served with either Tuna Mayo, Grated Cheese or Baked Beans

Contains: *Eggs, Fish, Milk*

fish

egg

dairy

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#### Freshly Cut Fruit

A Selection of Fresh Fruits

Contains: *No allergens present*

vegan

#### Yeo Valley Organic Yoghurt

A choice of Strawberry, Raspberry or Mango & Vanilla

Contains: *Milk*

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### Tuesday

#### Beef & Cheese Tortilla Slice

Served with Wholemeal Rice & Coleslaw

Contains: *Eggs, Milk, Gluten (Wheat)*

#### Vegetable & Cheese Wrap Stack

served with wholemeal rice & coleslaw

Contains: *Eggs, Milk, Gluten (Wheat)*

## Jacket Potato

Served with either Tuna Mayo, Grated Cheese or Baked Beans

Contains: *Eggs, Fish, Milk*

fish

egg

dairy

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## R/S Iced Lemon & Orange Sponge

Contains: *Eggs, Milk, Gluten (Wheat)*

## Freshly Cut Fruit

A Selection of Fresh Fruits

Contains: *No allergens present*

vegan

## Yeo Valley Organic Yoghurt

A choice of Strawberry, Raspberry or Mango & Vanilla

Contains: *Milk*

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# Wednesday

## Roast Chicken Thighs

served with sage and onion stuffing, roast potatoes, seasonal vegetables and gravy

Contains: *Celery, Milk, Mustard, SO2, Soya, Gluten (Wheat)*

## Roast Vegetable and Lentil Strudel

served with roast potatoes, seasonal vegetables and gravy

Contains: *Milk, Soya, Gluten (Wheat)*

## Jacket Potato

Served with either Tuna Mayo, Grated Cheese or Baked Beans

Contains: *Eggs, Fish, Milk*

fish

egg

dairy

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## Freshly Cut Fruit

A Selection of Fresh Fruits

Contains: *No allergens present*

vegan

## Yeo Valley Organic Yoghurt

A choice of Strawberry, Raspberry or Mango & Vanilla

Contains: *Milk*

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# Thursday

## Mexican Beef Chilli

served with coriander rice and Roasted Vegetables

Contains: *Gluten (Wheat)*

## Mexican Style Vegetable & Bean Chilli

With Braised Rice, carrots and peas

Contains: *Gluten (Wheat)*

vegetarian

vegan

## Jacket Potato

Served with either Tuna Mayo, Grated Cheese or Baked Beans

Contains: *Eggs, Fish, Milk*

fish

egg

dairy

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## R/S Mixed Fruit Cookies

Contains: *Milk, SO2, Gluten (Wheat)*

## Freshly Cut Fruit

A Selection of Fresh Fruits

Contains: *No allergens present*

vegan

## Yeo Valley Organic Yoghurt

A choice of Strawberry, Raspberry or Mango & Vanilla

Contains: *Milk*

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# Friday

## MSC Battered Fish Fillet with Tartare Sauce

Served with Chips and Peas

Contains: *Eggs, Fish, Milk, Gluten (Wheat)*

## Spinach and Ricotta Frittata

served with chips and peas

Contains: *Eggs, Milk*

## Jacket Potato

Served with either Tuna Mayo, Grated Cheese or Baked Beans

Contains: *Eggs, Fish, Milk*

fish

egg

dairy

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## Frozen Yoghurt

A Choice of Flavours Available

Contains: *Milk*

## Freshly Cut Fruit

A Selection of Fresh Fruits

Contains: *No allergens present*

vegan

## Yeo Valley Organic Yoghurt

A choice of Strawberry, Raspberry or Mango & Vanilla

Contains: *Milk*

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# uptake

## Uptake

Contains: *No allergens present*