



St Scholastica's Spring/Summer 2023 Week One

Monday

Vegetable & Lentil Pasta Bake

with mixed salad

Contains: *SO2, Gluten (Wheat)*

Jacket Potato

Served with a Variety of Fillings including Vegetable Chilli and a mixed salad

Contains: *Eggs, Fish, 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*

Tuesday

Chicken in a Black Bean Sauce and Bean Shoots - copy

with rice Noodles and roasted vegetables

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

Vegan Quorn & Mixed Pepper in a Sweet Chilli sauce

Served with Rice Noodles & Roasted vegetables

Contains: *Gluten (Wheat)*

Jacket Potato

Served with either Tuna Mayo, Grated Cheese or Baked Beans

Contains: *Eggs, Fish, Milk*

fish

egg

dairy

R/S Shortbread

Contains: *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*

Wednesday

Seasoned Chicken Thigh

served with roast baby potatoes, broccoli and carrots

Contains: *SO2*

Mature Cheddar and Leek Wholemeal Quiche

served with roast potatoes and seasonal vegetables

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

Jacket Potato

Served with either Tuna Mayo, Grated Cheese or Baked Beans

Contains: *Eggs, Fish, Milk*

fish

egg

dairy

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*

Thursday

Ashlyns Beef Burger in a Roll

Served with Deli Bar including a carrot, orange & sultana salad.

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

May Contain: *Sesame*

Vegan vegetable Burger in a bun

served with Deli bar including carrot, Orange & Sultana Salad

Contains: *Gluten (Undefined, Wheat)*

Jacket Potato

Served with either Tuna Mayo, Grated Cheese or Baked Beans

Contains: *Eggs, Fish, Milk*

fish

egg

dairy

R/S Jam Sponge

& Custard

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*

Friday

Omega 3 Fish Fingers

Served with Oven Chips and Baked Beans

Contains: *Fish, Gluten (Wheat)*

Mexican Bean Wrap

served with Oven Chips and baked beans

Contains: *Gluten (Wheat)*

vegan

Jacket Potato

Served with either Tuna Mayo, Grated Cheese or Baked Beans

Contains: *Eggs, Fish, Milk*

fish

egg

dairy

Soft Scoop Ice Cream

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*

uptake

Uptake

Contains: *No allergens present*