

## St Teresa Merton - Spring/ Summer Menu 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week One</b> 17/04/2023 08/05/2023 05/06/2023 26/06/2023 17/07/2023 18/09/2023 09/10/2023	<b>Option 1</b> Cheese & Tomato Pizza with Wedges	Jerk Chicken with Rice	Roast Chicken, Roast Potatoes, Stuffing & Gravy	<b>NEW</b> Chicken and Broccoli Pasta	Fishfingers with Chips & Tomato Sauce
<b>Option 2</b>	Roasted Vegetable Pizza with Wedges	Jollof Rice	<b>NEW</b> Sweet Potato & Spinach Fian with Roast Potatoes	Leitil & Sweet Potato Curry with Rice	Cheese & red pepper fittatio with chips and tomato sauce
<b>Vegetables</b>	Sweetcorn Salsa with Peppers	Broccoli Carrots	Peas Cauliflower	Roasted Carrots Green Beans	Peas Baked Beans
<b>Dessert</b>	Apple Flapjack	Fruit Jelly with Mandarins	Freshly Chopped Fruit	Iced Vanilla Sponge	Oaty Cookie
Or a choice of Yoghurt & Fresh Fruit available daily					
<b>Week Two</b> 24/04/2023 15/05/2023 12/06/2023 03/07/2023 04/09/2023 25/09/2023 16/10/2023	<b>Option 1</b> Mac and Cheese	Chicken Sausage Hot Dog with Potato Wedges	Peri-Peri Chicken with Roast Potatoes and Gravy	Sticky Chicken Noodles	Fishfingers or Salmon Fishfingers with Chips & Tomato Sauce
<b>Option 2</b>	Wholemeal Vegetable Pasta Bake	Vegan Sausage Hot Dog with Potato Wedges	Potato and Courgette Layer Bake	Roasted Cauliflower Curry with Rice	Cheesy Whirl with Chips
<b>Vegetables</b>	Summer Mixed Vegetables	BBQ Baked Beans Broccoli	Carrots Cabbage	Sweetcorn Green Beans	Peas Baked Beans
<b>Dessert</b>	Summer Lemon Cake	<b>NEW</b> Syrup Snap Biscuit	Fruit Medley	<b>NEW</b> Apple Strudel with Cream	Chocolate Shortbread
Or a choice of Yoghurt & Fresh Fruit available daily					
<b>Week Three</b> 01/05/2023 22/05/2023 19/06/2023 10/07/2023 11/09/2023 02/10/2023	<b>Option 1</b> Cheese & Tomato Pizza with Wedges	<b>NEW</b> Chicken Pitta	BBQ Chicken with roast Potatoes	Spagheti Bolognaise with Garlic Bread	Fish In Batter with Chips & Tomato Sauce
<b>Option 2</b>	Tomato, Leitil and Cheese Pasta	<b>NEW</b> Vegetable Cheese Whirl with Seasoned Wedges	Vegan Quorn with Stuffing, Roast Potatoes & Gravy	Vegan Spagheti Bolognaise with Garlic Bread	Mexican roll with chips
<b>Vegetables</b>	Green Beans Carrots	Mediterranean Vegetables	Broccoli Carrots	Sweetcorn Cauliflower	Peas Baked Beans
<b>Dessert</b>	Fruit Salad with Ice Cream	Pineapple Cake with Honey Yoghurt	Fruit Platter	Vanilla Shortbread	Chocolate Brownie
Or a choice of Yoghurt & Fresh Fruit available daily					

Added Plant Power  
 Vegan  
 Wholemeal

### Available Daily:

- Freshly cooked jacket potatoes with a choice of fillings (where advertised)
- Bread freshly baked on site daily
- Daily salad selection

**ALLERGY INFORMATION:**  
If you would like to know about particular allergens in foods please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of cross contamination.