























**Merton 2022 Spring Summer
St Teresa's**

-  Added Plant
-  Vegan
-  Wholemeal

	Monday	Tuesday	Wednesday	Thursday	Friday	
Week One 19/04 09/05 06/06 27/06 18/07 12/09 03/10	Option 1	Tomato & Vegetable Pasta 	Beef Burger In A Bun with Potato Wedges 	Roast Beef, Roast Potatoes & Gravy	Vegetable Sweet & Sour Noodles	Breaded Fish with Chips & Tomato Sauce
	Option 2	Spanish Omelette with New Potatoes	BBQ Quorn Fillet with Rice 	Vegetable Pasty with Roast Potatoes and Gravy 	Broccoli & Cheese Pasta Bake 	Cheese & Onion Quiche with Chips and Tomato Sauce 
	Vegetables	Sweetcorn Green Beans	Peas Mixed Peppers	Red Cabbage Broccoli	Sweetcorn Carrots	Mushy Peas Baked Beans
	Dessert	Carrot & Courgette Cake	Apple & Raisin Flapjack 	Fresh Fruit & Yoghurt Station	Orange & Cinnamon Cookie 	Peaches & Ice Cream
Or a choice of Yoghurt & Fresh Fruit available daily						
Week Two 25/04 16/05 13/06 04/07 01/09 19/09 10/10	Option 1	Macaroni Cheese	Spaghetti Bolognese 	Roast Chicken, Roast Potatoes, Stuffing & Gravy	Cheese & Tomato Pizza Bread with Potato Wedges 	Fishfingers or Salmon Fishfingers with Chips & Tomato Sauce
	Option 2	Vegetable Curry with Rice 	Vegan Spaghetti Bolognese 	Vegan Mediterranean Gratin with Roast Potatoes 	Vegan Burger in a Bun, Sweet Potato Wedges & Tomato Sauce 	Cheese & Pepper Whirl with Chips
	Vegetables	Sweetcorn Cauliflower	Mixed Peppers Green Beans	Roasted Carrots Peas	Sweetcorn Rainbow Slaw	Peas Baked Beans
	Dessert	Apple & Berry Crumble with Ice Cream 	Lemon Drizzle Cake	Fresh Fruit & Yoghurt Station	Chocolate & Beetroot Brownie with Chocolate Sauce	Apple, Cheese & Crackers
Or a choice of Yoghurt & Fresh Fruit available daily						
Week Three 02/05 23/05 20/06 11/07 05/09 26/09 17/10	Option 1	BBQ Diced Quorn Pasta	Beef Lasagne with Garlic Bread 	Roast Turkey, Roast Potatoes & Gravy	Vegan Sausage Hot Dog with Potato Wedges 	Fish Fingers with Chips & Tomato Sauce
	Option 2	Cheese & Tomato Pizza with Potato Wedges 	Vegetable Lasagne with Garlic Bread	Lentil & Basil Puff Pastry, Roast Potatoes & Gravy 	Sweet Potato and Spinach Tart with Potato Wedges 	Cheese & Red Pepper Frittata with Chips & Tomato Sauce
	Vegetables	Sweetcorn Roasted Peppers	Roasted Summer Vegetables	Carrots Broccoli	Sweetcorn Carrot & Beetroot Slaw	Peas Baked Beans
	Dessert	Lemon & Mixed Berry Cake	Raspberry Jelly & Mandarins 	Fresh Fruit & Yoghurt Station	Pineapple Loaf with Ice Cream or Yoghurt	Chocolate Shortbread 
Or a choice of Yoghurt & Fresh Fruit available daily						

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.