

St George's School's Hot Meal Menu - September 2023 - July 2024

	Meet Free Monday	Tuesday	Wednesday	Thursday	Fishy Friday
Week 1	<p>Tuna & Vegetable Pasta Crispy Green Salad</p> <p>V Veggie Meatball Sub with Tomato Relish and Crispy Shredded Lettuce Chipped Potatoes</p> <p>Mini Orange Biscuit & Fruit Slices</p>	<p>Cottage Pie Garden Peas & Sweetcorn</p> <p>V Veggie Sausage Toad in the Hole Garden Peas Creamy Mashed Potato</p> <p>Fruity Flapjack</p>	<p>Roast Chicken & Gravy Baton Carrots Roast Potatoes</p> <p>V Vegetable Lasagne Crispy Salad Crusty Bread</p> <p>Chocolate Sponge & Chocolate Sauce</p>	<p>Deep Filled Meat & Potato Pie Greens</p> <p>V Home Made Veggie Curry With 50/50 Rice and Naan Bread</p> <p>Frozen Yoghurt or Fresh Fruit</p>	<p>Fishy Friday Garden Peas & Sweetcorn Chipped Potatoes</p> <p>V Cheese & Tomato Quiche Garden Peas & Sweetcorn ½ Jacket Potato</p> <p>Lemmon Drizzle cake</p>
Week 2	<p>V Cooks Choice Pizza Coleslaw, Mixed salad ½ Jacket Potato</p> <p>V Veggie Sweet & Sour Boiled Rice</p> <p>Shortbread Biscuit & Fruit Slices</p>	<p>Chicken Curry Boiled Rice Naan Bread</p> <p>V Herby Cheese & Potato Puff Pastry Turnover Baked Beans</p> <p>Ice Cream Pot</p>	<p>Honey Glazed Gammon Cauliflower, Broccoli, Carrots & Gravy Paprika Roast Potatoes</p> <p>V Sliced Quorn Fillet Gravy Vegetable Medley Roast Potatoes</p> <p>Rice Pudding & Jam Sauce</p>	<p>Traditional Beef Scouse Beetroot or Cabbage Crusty Bread</p> <p>V Loaded Vegetable & Lentil Cottage Pie Greens</p> <p>Fresh Fruit Salad</p>	<p>Fishy Friday Mushy Peas Chipped Potatoes</p> <p>V Roasted Vegetable Pesto Pasta Crispy Salad</p> <p>Fairy Cake</p>
Week 3	<p>V Quorn Bolognese Spaghetti Wholemeal Bread</p> <p>V Veggie Enchilada Crispy Salad Crusty Wholemeal Bread</p> <p>Iced Muffin</p>	<p>Chicken Tikka Curry Boiled Rice Naan Bread</p> <p>V Veggie Meatballs in Gravy Garden Peas Mashed Potato</p> <p>Chocolate & Banana Brownie</p>	<p>Roast Pork & Gravy Sweetcorn & Green beans Paprika Potatoes</p> <p>V Quorn Fillet & Gravy Seasonal Vegetables Roast Potatoes</p> <p>Jam Sponge & Custard</p>	<p>The Big Breakfast (Sausage, Beans, Scrambled Egg, Toast or Slice of Brown Bread)</p> <p>Salmon & Broccoli Quiche Garden Peas Oven baked Potato Wedges</p> <p>Fruit Jelly & Cream</p>	<p>Fishy Friday Garden Peas Chipped Potatoes</p> <p>V Tomato & Basil Pasta with Roasted Vegetables Crispy Salad Tear Bread</p> <p>Mini Cookie & Sliced Fruit</p>
Available Daily	<p>Freshly made sandwiches, wraps or jacket potatoes (Cheese, Tuna, Turkey, Ham)</p> <p>Fresh wholemeal bread</p> <p>Fresh fruit juice, semi-skimmed milk, squash or water</p>				