

Stella Maris School Meals

Sample Menu – Autumn 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> • Cod fish fingers <i>or</i> Cheese & tomato quiche • Creamed potatoes • Broccoli/sweetcorn • Mixed salad • Bread basket • Fruit crumble & custard <i>or</i> Yoghurt <i>or</i> Fresh fruit 	<ul style="list-style-type: none"> • Beef fajitas <i>or</i> Creamy veg pasta bake • Rainbow rice • Vegetable medley • Mixed salad • Bread basket • Jam tart & custard <i>or</i> Yoghurt <i>or</i> Fresh fruit 	<ul style="list-style-type: none"> • Roast turkey with stuffing and yorkshires <i>or</i> Quorn sausages • Roast/boiled potatoes • Carrots/cabbage • Gravy • Mixed salad • Bread basket • Chocolate sponge & Chocolate sauce <i>or</i> Fresh fruit 	<ul style="list-style-type: none"> • Ham, pepper & sweetcorn pizza <i>or</i> Red dragon pie • Jacket wedges • Baked beans • Grated carrot/Mixed salad • Bread basket • Crispy square & half an apple <i>or</i> Yoghurt <i>or</i> Fresh fruit 	<ul style="list-style-type: none"> • Butcher's sausages <i>or</i> Vegetable parcel • Chips <i>or</i> half a jacket potato • Peas • Coleslaw • Mixed salad • Bread basket • Peaches with Ice cream/frozen mousse <i>or</i> Fresh fruit