

St Monica's Primary School Autumn/Winter terms SY 2025-26 week 4

Salad Bar Selection: Plum tomatoes, diced cucumber, diced red onions and mixed leaves

Salad dressings: Lemon Herb Vinaigrette

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish 1	<i>Chili Con Carne</i>	<i>Chicken Burger</i>	<i>Tuna Ragu</i>	<i>Braised Chicken in Lemon & Soya Sauce</i>	<i>Margarita Pizza</i>
Main Dish 2	<i>Quorn Chili</i>	<i>Plant-based Burger</i>	<i>Lentil ragu</i>	<i>Mixed Vegetable, Beans & Noodles Stir fry</i>	<i>Fish goujons</i>
Starchy Dish	<i>Tortilla</i>	<i>Brioche bun</i>	<i>Spaghetti</i>	<i>Jasmine Rice</i>	<i>Chips</i>
Vegetables	<i>Carrots and sweetcorn</i>	<i>Diced carrots</i>	<i>Steamed peas</i>	<i>Sautéed Fine Beans</i>	<i>Baked beans</i>
Salad	<i>Greek Salad</i>	<i>Greek Salad</i>	<i>Greek Salad</i>	<i>Oriental Salad</i>	<i>Oriental salad</i>
Dessert	<i>Apple and Orange Crumble</i>	<i>Sliced fruits</i>	<i>Mixed berry jelly with Chantilly cream</i>	<i>Mango Cream cake</i>	<i>Lemon & Blueberry Cake</i>
Fruit	<i>Seasonal Fruit Low fat yogurt</i>	<i>Seasonal Fruit Low fat Yogurt</i>	<i>Seasonal Fruit Low fat Yogurt</i>	<i>Seasonal Fruit Low fat Yogurt</i>	<i>Seasonal Fruit Low fat Yogurt</i>
Drink	<i>Water</i>	<i>Water</i>	<i>Water</i>	<i>Water</i>	<i>Water</i>