

# St Monica's Primary School Autumn/Winter terms SY 2025-26 Week 3

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

*Salad dressings: Lemon Herb Vinaigrette*

|                     | Monday                                                    | Tuesday                                                   | Wednesday                                                 | Thursday                                  | Friday                                    |
|---------------------|-----------------------------------------------------------|-----------------------------------------------------------|-----------------------------------------------------------|-------------------------------------------|-------------------------------------------|
| <b>Main Dish 1</b>  | <i>Shitake Mushroom Teriyaki (ve)</i>                     | <i>Buttery beans in Madras (ve)</i>                       | <i>Creamy Turkey hotdog chowder</i>                       | <i>Beef Lasagna</i>                       | <i>Chicken Goujons</i>                    |
| <b>Main Dish 2</b>  | <i>Chicken Teriyaki</i>                                   | <i>Spinach daal (ve)</i>                                  | <i>Corn chowder (v)</i>                                   | <i>Garden Lasagna (v)</i>                 | <i>Vegetable Spring Rolls (ve)</i>        |
| <b>Starchy Dish</b> | <i>Cauliflower Garlic Rice</i>                            | <i>Saffron rice</i>                                       | <i>Focaccia</i>                                           | <i>Garlic bread</i>                       | <i>Chips</i>                              |
| <b>Vegetables</b>   | <i>Edamame &amp; Carrots</i>                              | <i>Sautéed Mushrooms</i>                                  | <i>Roasted Broccoli</i>                                   | <i>Peas &amp; Corn</i>                    | <i>Baked beans</i>                        |
| <b>Salad</b>        | <i>Carrot &amp; Seaweed Salad<br/>Salad Bar Selection</i> | <i>Carrot &amp; Seaweed Salad<br/>Salad Bar Selection</i> | <i>Carrot &amp; Seaweed Salad<br/>Salad Bar Selection</i> | <i>Cobb Salad<br/>Salad Bar Selection</i> | <i>Cobb Salad<br/>Salad Bar Selection</i> |
| <b>Dessert</b>      | <i>Raspberry Jelly &amp; cream</i>                        | <i>Sliced fruits</i>                                      | <i>Blueberry Cheesecake</i>                               | <i>Carrot cake</i>                        | <i>Beans &amp; chocolate brownie</i>      |
| <b>Fruit</b>        | <i>Seasonal Fruit<br/>Low fat Yogurt</i>                  | <i>Seasonal Fruit<br/>Low fat Yogurt</i>                  | <i>Seasonal Fruit<br/>Low fat Yogurt</i>                  | <i>Seasonal Fruit<br/>Low fat Yogurt</i>  | <i>Seasonal Fruit<br/>Low fat Yogurt</i>  |
| <b>Drink</b>        | <i>Water/Milk</i>                                         | <i>Water/Milk</i>                                         | <i>Water/Milk</i>                                         | <i>Water/Milk</i>                         | <i>Water/Milk</i>                         |