St. Andrew's Primary School - Winter 3 2018-19

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	**WEEK 1 & 4**
PROTEIN	Chicken or vegetable korma	Bolognaise or vegetable bolognaise	Chicken pie	Roast pork	Battered fish	**7/01/19**
CARBOHYDRATE	Brown and white rice, naan bread	Pasta and focaccia bread	New potatoes	Yorkshire pudding,roast potatoes	Chips	**28/01/18**
VEGETABLES	Salad bar	Salad bar	Peas and carrots	Cauliflower and carrots	Sweetcorn or baked beans	
DESSERT	Strawberry roly poly with custard	Rhubarb crumble with ice cream	Stewed apple and pears with custard	Ice cream with fresh fruit platter	Sticky toffee pudding with custard	

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	**WEEK 2 & 5**
PROTEIN	Macaroni cheese	Bacon and leek or vegetable risotto	Beef lasagne	Roast gammon	Salmon fishcakes	**14/01/19**
CARBOHYDRATE	Crusty bread, pasta	Rice	Garlic bread, pasta	Yorkshire pudding, roast potatoes	Chips	**04/02/19**
VEGETABLES	Salad bar	Brussel sprouts, cabbage and salad bar	Salad bar	Cauliflower and carrots	Sweetcorn and peas or baked beans	
DESSERT	Chocolate and pear sponge with cream	Blueberry and apple crumble with custard	Yoghurt cake with custard	Jelly and blancmange	Ginger cake with custard	

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	**WEEK 3 & 6**
PROTEIN	Jacket potato with tuna, cheese and beans	Toad in the hole or Quorn Toad	Shepherds or vegetable pie	Roast chicken, pigs in blankets	Fish fingers	**21/01/19**
CARBOHYDRATE	Potato	Mashed potato	Potato	Yorkshire pudding, roast potatoes	Chips	**11/02/19**
VEGETABLES	Salad bar	Peas	Cabbage	Broccoli and carrots	Peas and sweetcorn or baked beans	
DESSERT	Apple and blueberry cake with custard	Fruit jelly with ice cream	Rice pudding with fruit compote	Cheese and biscuits	St Andrew's pudding with cream	

Vegetarian alternatives are available. Bread, fresh fruit and yoghurt will be available every day *Jacket Potatoes are available every day as an alternative lunch – please ask the kitchen in advance. Ham or Cheese Salad available on Mon - Weds if ordered in advance. For allergy information please see the ordering form