

## St. Andrew's Primary School - Winter 3 2020-21

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>PROTEIN</b>	Jacket potato with tuna, cheese, beans	Beef or vegetable lasagne	Toad in the hole or Quorn sausage in the hole	Roast chicken with 'pigs in blankets' or Quorn 'chicken'	Batter fish or cheese and vegetable cakes
<b>CARBOHYDRATE</b>	Potato	Garlic bread	Cheesy mashed potato	Yorkshire pudding, roast potatoes	Chips
<b>VEGETABLES</b>	Sweetcorn and salad bar	Salad bar	Peas	Broccoli and carrots	Sweetcorn or baked beans
<b>DESSERT</b>	Rice pudding with fruit compote	Raspberries in jelly with cream	Stewed apples and pears with custard	Yoghurt with shortbread	St Andrew's Pudding with cream

**WEEK 1 & 4**  
04/01/21  
25/01/21

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>PROTEIN</b>	Macaroni cheese or plain pasta	Cottage pie or vegetable pie	Chicken or vegetable korma	Roast pork with stuffing balls or leek and feta in filo	Fish or vegetable fingers
<b>CARBOHYDRATE</b>	Crusty bread	Potato	Brown and white rice, naan bread	Yorkshire pudding, roast potatoes	Chips
<b>VEGETABLES</b>	Broccoli and salad bar	Green beans	Salad bar	Cauliflower and carrots	Peas
<b>DESSERT</b>	Chocolate and pear sponge with cream	Cheese and biscuits	Rhubarb and strawberry crumble with custard	Ice cream and fruit platter	Ginger cake with custard

**WEEK 2 & 5**  
11/01/21  
01/02/21

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>PROTEIN</b>	Salmon and broccoli pasta bake or cauliflower and broccoli bake	Beef or vegetable stew	Herby chicken or Quorn nuggets	Roast gammon or vegetable bake	Beef burger or Quorn nuggets
<b>CARBOHYDRATE</b>	Focaccia bread	Dumplings and new potatoes	Potato wedges or rice	Yorkshire pudding and roast potatoes	Chips
<b>VEGETABLES</b>	Salad bar	Peas	Salad bar	Cauliflower and carrots	Baked beans or sweetcorn
<b>DESSERT</b>	Bread and butter pudding with cream	Oranges in jelly with cream	Sticky toffee pudding with custard	Angel delight	Pineapple upside down cake with custard

**WEEK 3 & 6**  
18/01/21  
08/02/21

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 when there is a salad bar - if ordered in advance. For allergy information please see the ordering form or contact the School Kitchen.