

# St Peter's Eaton Square C of E Primary School

Wk	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FISH FRIDAY
<b>1</b>	Vegetable pie and gravy Cabbage Yogurt with berries	Jacket Potato with a choice of filling – tuna/ cheese/ baked beans/ sweetcorn Fresh fruit	Spaghetti Beef or Vegetable bolognaise Sponge cake and custard	Chicken drumsticks or Quorn sausages Roast potatoes Fruit salad	Fish or Veggie fingers Chips Sugar free jelly
<b>2</b>	Macaroni cheese Choice of vegetables Yoghurt with banana slices	Jacket Potato with a choice of filling – tuna/ cheese/ baked beans/ sweetcorn Fresh fruit	Beef or veggie burger home made wedges Rice pudding	Roast chicken and gravy or Broccoli quiche Roast potatoes Fruit salad	Salmon or Veggie fish cake Chips Sugar free jelly
<b>3</b>	Vegetable lasagne Salad Yoghurt with peaches	Jacket Potato with a choice of filling – tuna/ cheese/ baked beans/ sweetcorn Fresh fruit	Beef or mixed vegetable stew Plain rice Sponge cake and custard	Jerk Chicken or Quorn sausage with jerk dressing Savoury rice Fruit salad	Fish fingers or Vegetable burger Chips Sugar free Jelly
<b>4</b>	Herby tomato pasta bake Roasted vegetables Yogurt with strawberries	Jacket Potato with a choice of filling – tuna/ cheese/ baked beans/ sweetcorn Fresh fruit	Beef or vegetable shepherds pie, Cabbage Gravy Carrot cake	Chicken or Vegetable curry Rice Fruit salad	Battered fish or Broccoli quiche Chips Sugar free jelly

## Selection available Daily:

### Salad/ Vegetables

Fresh garden salad, chic pea salad, rainbow salad or healthy slaw with vingarette dressing or a selection of warm garden vegetables

### Fruits and Yoghurt

Freshly sliced fruit including; apples, oranges, grapes, watermelon and pears or mixed fruit salad  
Plain yogurt/ dairy free yogurt

### Bread

Whole meal bread

### Drinks

Fresh water available

## \*\* New for this term \*\*

Tato Tuesdays  
Veggie Mondays  
New salad/ vegetable choices daily  
Yogurt available daily

## Allergen Guidance:

Gluten free options available daily  
Dairy/ lactose free options available  
Egg free options available  
All other individual allergies are catered to on an individual basis

## Weekly Dates:

Week 1 – 3<sup>rd</sup> Jan, 30<sup>th</sup> Jan, 6<sup>th</sup> March  
Week 2 – 9<sup>th</sup> Jan, 6<sup>th</sup> Feb, 13<sup>th</sup> March  
Week 3 – 16<sup>th</sup> Jan, 20<sup>th</sup> Feb, 20<sup>th</sup> March  
Week 4 – 23<sup>rd</sup> Jan, 27<sup>th</sup> Feb, 27<sup>th</sup> March

