



# St. Michael's Hot Meals Menu



Allerges: **G**~Gluten **CR**~Crustaceans **E**~Eggs **F**~Fish **PN**~Peanuts **SB**~Soya Beans **MD**~Milk/Dairy  
**N**~Nuts **CL**~Celery **M**~Mustard **S**~Sesame **SD**~Sulphur Dioxide **L**~Lupin **ML**~Mollusc

## Week 1

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Main	All Day Breakfast <b>G-SD</b>	Mild Chicken Korma <b>MD-M</b> <b>Coconut</b>	Roast Gammon	Beef Lasagne <b>MD-G-SD-F</b>	Fish Fingers <b>G-F</b>
Vegetables		Steamed Rice & Mixed Vegetables	Gravy <b>G</b> Roast Potatoes, Carrots & Cabbage	Mixed salad & Garlic Bread <b>G-MD-SB</b>	Chips, Peas & Sweetcorn
Pudding	Winter Berry Sponge <b>G-E-SD-SB</b> with Custard <b>MD</b>	Custard Biscuit <b>G-MD</b>	Apple Pie <b>G-E</b> with Custard <b>MD</b>	Victoria Cake <b>G-E-MD-SB</b>	Chocolate Krispie <b>G-MD</b>

## Week 2

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Cheese & Tomato Pizza <b>G-MD-SB</b>	Pasta Bolognese <b>G-F</b>	Roast Chicken and stuffing <b>G-MD-SB</b>	Chilli con Carne <b>F</b>	Battered Fish <b>G-F-MD-M</b>
Vegetables	Potato Wedges <b>G</b> & Mixed salad	Garlic Bread <b>G-MD-SB</b> , diced Tomato and Cucumber	Gravy <b>G</b> Roast Potatoes, Broccoli & Carrots	Steamed Rice, Peppers & Sweetcorn	Chips & Beans
Pudding	Lemon Sponge <b>G-E-SB</b> with Custard <b>MD</b>	Pancakes <b>MD-G-E</b> with apple sauce	Fruit Crumble <b>G-MD</b> with custard <b>MD</b>	Sultana and Oat Cookie <b>G-E-MD</b>	Chocolate Brownie <b>G-MD-E</b>

## Week 3

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Pork Meatball Pasta <b>G</b>	Beef Stew <b>F-G</b>	Roast Turkey and stuffing <b>MD-G-SB</b>	Cheesy ( <b>MD</b> ) Chicken Pasta Bake <b>MD-G</b>	Fishcake <b>G-F-MD-M</b>
Vegetables	Garlic Bread <b>G-MD-SB</b> & Mixed Salad	Mashed Potatoes <b>MD</b> & Peas	Gravy <b>G</b> Roast Potatoes, Mixed Vegetables & Broccoli	Garlic Bread <b>G-MD-SB</b> & Mixed Salad	Chips & Beans
Pudding	Shortbread Biscuit <b>G-MD</b>	Carrot Cake <b>G-E-MD-SB</b>	Peach & Apple Crumble <b>G-MD</b> with Custard <b>MD</b>	Fruit Flapjack <b>G-MD</b>	Chocolate Sponge <b>G-E-MD-SB</b> with Chocolate Sauce <b>MD</b>

Fresh fruit and Wholemeal bread available daily. Special dietary requirements can be catered for upon request.