



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 GRAVY contains Gluten, BAKED BEANS contain low salt, low sugar and Gluten

Week 1

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Cheese & Tomato Pizza Slice MD-G-SB	Chicken with Cheesy MD Tomato Sauce Pasta G	Roast Beef, Yorkshire Pudding G , MD-E & Gravy G	Chargrilled Chicken Fillet	Oven Baked Breaded Fillet of Fish G-F
Vegetables	Oven Baked Wedges G Cucumber, Grated Carrot Salad	Garlic Slice G , MD-SB Sliced Tomatoes and Sweetcorn	Roast Potatoes, Carrots & Broccoli	New Potatoes, Baked Beans G & Side Salad	Chips, Garden Peas & Sweetcorn
Pudding	Shortbread G , MD	Lemon Sponge MD-G , E-SB & Custard MD	Mixed Fruit Jelly Contains Beef Gelatine	Syrup Sponge G-E-MD-SB & Custard MD	Brownie G-E , MD

Week 2

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Jacket Potato with Tuna Mayo E-F or Cheese MD with Spread MD	Italian Meatballs G Tomato Sauce Pasta G & Cheese MD	Lincolnshire Sausages G , SB and Gravy G	Mediterranean Chicken SB Wrap G	Gluten Free Fish Cakes F , MD-G-M
Vegetables	Diced Tomato & Cucumber	Garlic Slice G , MD-SB & Side Salad	Mashed Potatoes MD Cabbage & Carrots	Brown Rice, Plain Yoghurt MD-SB Lettuce & Peppers	Chips, Garden Peas & Sweetcorn
Pudding	Crispy Chocolate Balls MD-G	Flapjack MD-G , Oats	Fruit Salad	Sultana Sponge MD-E , SB	Ice Cream MD & Tinned Fruit

Week 3

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Lincolnshire Sausage Hot Dog G-SB in Bread Bun G	Bolognese Sauce F Pasta G With Cheese MD	Roast Pork, Stuffing Balls G-SB & Gravy G	Breaded Chicken Fillet G	Battered Fish Finger G-F-MD-M
Vegetables	Oven Baked Potato Wedges G , Cucumber & Lettuce	Garlic Slice G , MD-SB Tomato & Grated Beetroot	Roast Potatoes, Carrots & Garden Peas	Pasta Salad G	Chips & Baked Beans G
Pudding	Fruit Oat Cookie MD-G-E	Apple Crumble MD-G & Custard MD	Fruit Yoghurt MD-SB & Shortbread Biscuit MD-G	Chocolate Sponge MD-G , E-SB with Chocolate Sauce MD	Strawberry Ice Cream MD & Wafer SB-G-E , MD