



ST MARYS PRIMARY, RUNCORN WEEK 1

	CHOICE 1	CHOICE 2	CHOICE 3	CHOICE 4	SOMETHING SWEET
Monday	Cheese & Tomato Pizza served with Hand cut Potato Wedges and Seasonal Veg	Pasta with Homemade Tomato Sauce served with Garlic Bread and Seasonal Veg	Jacket Potato filled with Cheese, Tuna, Cheese & Beans or Beans served with Mixed Salad	Assorted White Bread Sandwiches filled with Ham, Cheese or Tuna served with Crunchy Nachos	Belgian Waffles with Whipped Cream <i>NEW</i> or Smoothy Style Yoghurt or Fresh Fruit
Tuesday	Homemade Pasta Bolognese served with Garlic Bread and Seasonal Veg <i>IMPROVED</i>	Cheesy Pasta Bake served with Garlic Bread and Seasonal Veg	Jacket Potato filled with Cheese, Tuna, Cheese & Beans or Beans served with Mixed Salad	Assorted White Bread Sandwiches filled with Ham, Cheese or Tuna served with Crunchy Nachos	Chocolate Mousse <i>NEW</i> or Smoothy Style Yoghurt or Fresh Fruit
Wednesday	Home Roasted Chicken Dinner & Yorkshire Pudding served with Homemade Roasted Potatoes, Seasonal Veg and Gravy	Homemade Cheddar Cheese & Bean Puff served with Homemade Roasted Potatoes and Seasonal Veg	Jacket Potato filled with Cheese, Tuna, Cheese & Beans or Beans served with Mixed Salad	Assorted White Bread Sandwiches filled with Ham, Cheese or Tuna served with Crunchy Nachos	Homemade Shortbread or Smoothy Style Yoghurt or Fresh Fruit
Thursday	Fresh Pork Sausage served with Creamed Potato and Baked Beans	Vegetable Sausage served with Creamed Potato and Baked Beans	Jacket Potato filled with Cheese, Tuna, Cheese & Beans or Beans served with Mixed Salad	Assorted White Bread Sandwiches filled with Ham, Cheese or Tuna served with Crunchy Nachos	Homemade Victoria Sponge Bun <i>NEW</i> or Smoothy Style Yoghurt or Fresh Fruit
Friday	Fish Fingers served with Skinny Fries, Seasonal Veg and Tomato Ketchup	Veggie Toad in the Hole served with Skinny Fries and Seasonal Veg	Jacket Potato filled with Cheese, Tuna, Cheese & Beans or Beans served with Mixed Salad	Assorted White Bread Sandwiches filled with Ham, Cheese or Tuna served with Crunchy Nachos	Homemade Double Chocolate Chip Cookie or Smoothy Style Yoghurt or Fresh Fruit

Available daily fresh fruit or salad.

If you have any questions about food allergens please speak to the kitchen team who will be happy to help.



ST MARYS PRIMARY, RUNCORN WEEK 2

	CHOICE 1	CHOICE 2	CHOICE 3	CHOICE 4	SOMETHING SWEET
Monday	Pepperoni Pizza served with Herby Potatoes and Baked Beans	Veggie Nuggets served with Herby Potatoes and Baked Beans	Jacket Potato filled with Cheese, Tuna, Cheese & Beans or Beans served with Mixed Salad	Assorted Wraps filled with Ham, Cheese or Tuna served with Crunchy Nachos	Homemade Chocolate Crunch or Smoothy Style Yoghurt or Fresh Fruit
Tuesday	Beef Burger topped with Cheese in a Soft Bun served with Homemade Wedges, Seasonal Veg and Ketchup IMPROVED	Veggie Grill Burger in a Bun served with Homemade Wedges, Seasonal Veg and Ketchup	Jacket Potato filled with Cheese, Tuna, Cheese & Beans or Beans served with Mixed Salad	Assorted Wraps filled with Ham, Cheese or Tuna served with Crunchy Nachos	Hot Jam & Coconut Sponge with Custard or Smoothy Style Yoghurt or Fresh Fruit
Wednesday	Roast Beef & Yorkshire Pudding served with Homemade Roasted Potatoes, Seasonal Veg and Gravy	Cauliflower Cheese Baked Yorkshire Pudding served with Homemade Roasted Potatoes, Seasonal Veg and Gravy NEW	Jacket Potato filled with Cheese, Tuna, Cheese & Beans or Beans served with Mixed Salad	Assorted Wraps filled with Ham, Cheese or Tuna served with Crunchy Nachos	Homemade 'Jammy Dodger' NEW or Smoothy Style Yoghurt or Fresh Fruit
Thursday	BBQ Chicken Melt Baguette with Nachos served with Seasonal Veg NEW	BBQ Quorn Melt Baguette with Nachos served with Seasonal Veg NEW	Jacket Potato filled with Cheese, Tuna, Cheese & Beans or Beans served with Mixed Salad	Assorted Wraps filled with Ham, Cheese or Tuna served with Crunchy Nachos	Rocket Lolly or Smoothy Style Yoghurt or Fresh Fruit
Friday	Salmon Goujons served with Skinny Fries and Baked Beans	Roasted Vegetable Pasta with Homemade Tomato Sauce served with Seasonal Veg	Jacket Potato filled with Cheese, Tuna, Cheese & Beans or Beans served with Mixed Salad	Assorted Wraps filled with Ham, Cheese or Tuna served with Crunchy Nachos	Frozen Yoghurt or Smoothy Style Yoghurt or Fresh Fruit

Available daily fresh fruit or salad.

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ST MARYS PRIMARY, RUNCORN WEEK 3

	CHOICE 1	CHOICE 2	CHOICE 3	CHOICE 4	SOMETHING SWEET
Monday	Cheese & Tomato Pizza served with Sweet Potato Wedges and Seasonal Veg	Vegetarian Pasta Bolognese served with Garlic Bread and Seasonal Veg <i>IMPROVED</i>	Jacket Potato filled with Cheese, Tuna, Cheese & Beans or Beans served with Mixed Salad	Assorted White Bread Sandwiches filled with Ham, Cheese or Tuna served with Crunchy Nachos	Strawberry Ice Cream Sponge Roll or Smoothy Style Yoghurt or Fresh Fruit
Tuesday	Crispy Chicken Burger in a Bun served with Crispy Potato Wedges and Baked Beans	Roasted Vegetable Wrap served with Crispy Potato Wedges and Mixed Salad	Jacket Potato filled with Cheese, Tuna, Cheese & Beans or Beans served with Mixed Salad	Assorted White Bread Sandwiches filled with Ham, Cheese or Tuna served with Crunchy Nachos	Rice Crispy Cake or Smoothy Style Yoghurt or Fresh Fruit
Wednesday	Sliced Ham & Yorkshire Pudding served with Herby Potatoes and Seasonal Veg	Homemade Mac 'n' Cheese served with Herby Potatoes and Seasonal Veg <i>NEW</i>	Jacket Potato filled with Cheese, Tuna, Cheese & Beans or Beans served with Mixed Salad	Assorted White Bread Sandwiches filled with Ham, Cheese or Tuna served with Crunchy Nachos	Iced Sprinkle Cupcake or Smoothy Style Yoghurt or Fresh Fruit
Thursday	Chicken Korma served with Rice and Naan Bread	Roasted Vegetable Burrito served with Nachos and Mixed Salad	Jacket Potato filled with Cheese, Tuna, Cheese & Beans or Beans served with Mixed Salad	Assorted White Bread Sandwiches filled with Ham, Cheese or Tuna served with Crunchy Nachos	American Pancakes with Berries <i>NEW</i> or Smoothy Style Yoghurt or Fresh Fruit
Friday	Fish Fingers served with Skinny Fries, Seasonal Veg and Tomato Ketchup	Vegetarian Chilli served with Steamed Rice and Seasonal Veg	Jacket Potato filled with Cheese, Tuna, Cheese & Beans or Beans served with Mixed Salad	Assorted White Bread Sandwiches filled with Ham, Cheese or Tuna served with Crunchy Nachos	Homemade Lemon Drizzle Cake <i>IMPROVED</i> or Smoothy Style Yoghurt or Fresh Fruit

Available daily fresh fruit or salad.

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