



# ST MARYS PRIMARY, RUNCORN WEEK 1

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





SCHOOL  
HUB

## ST MARYS PRIMARY, RUNCORN WEEK 2

	CHOICE 1	CHOICE 2	CHOICE 3	CHOICE 4	SOMETHING SWEET
Monday	<b>Pepperoni Pizza</b> served with Herby Potatoes and Baked Beans	<b>Veggie Nuggets</b> served with Herby Potatoes and Baked Beans	<b>Jacket Potato</b> filled with Cheese, Tuna, Cheese & Beans or Beans served with Mixed Salad	<b>Assorted Wraps</b> filled with Ham, Cheese or Tuna served with Crunchy Nachos	<b>Homemade Chocolate Crunch</b>  or Smoothy Style Yoghurt or Fresh Fruit
Tuesday	<b>Beef Burger topped with Cheese in a Soft Bun</b> served with Homemade Wedges, Fresh Coleslaw, Corn on the Cob and IMPROVED Ketchup	<b>Veggie Grill Burger in a Bun</b> served with Homemade Wedges, Fresh Coleslaw, Corn on the Cob and Ketchup	<b>Jacket Potato</b> filled with Cheese, Tuna, Cheese & Beans or Beans served with Mixed Salad	<b>Assorted Wraps</b> filled with Ham, Cheese or Tuna served with Crunchy Nachos	<b>Strawberry Fruit Smoothie</b>  or Smoothy Style Yoghurt or Fresh Fruit
Wednesday	<b>Roast Beef &amp; Yorkshire Pudding</b> served with Homemade Roasted Potatoes, Carrots, Broccoli and Gravy	<b>Cauliflower Cheese Baked Yorkshire Pudding</b> served with Homemade Roasted Potatoes, Carrots, Broccoli and Gravy NEW	<b>Jacket Potato</b> filled with Cheese, Tuna, Cheese & Beans or Beans served with Mixed Salad	<b>Assorted Wraps</b> filled with Ham, Cheese or Tuna served with Crunchy Nachos	<b>Vanilla Ice Cream Pot</b>  or Smoothy Style Yoghurt or Fresh Fruit
Thursday	<b>BBQ Chicken Melt Baguette with Nachos</b> served with Sweetcorn & Pea Medley NEW	<b>BBQ Quorn Melt Baguette with Nachos</b> served with Sweetcorn & Pea Medley NEW	<b>Jacket Potato</b> filled with Cheese, Tuna, Cheese & Beans or Beans served with Mixed Salad	<b>Assorted Wraps</b> filled with Ham, Cheese or Tuna served with Crunchy Nachos	<b>Hot Jam &amp; Coconut Sponge and Custard</b>  or Smoothy Style Yoghurt or Fresh Fruit
Friday	<b>Fish Fingers</b> served with Skinny Fries and Baked Beans	<b>Roasted Vegetable Pasta with Homemade Tomato Sauce</b> served with Peas	<b>Jacket Potato</b> filled with Cheese, Tuna, Cheese & Beans or Beans served with Mixed Salad	<b>Assorted Wraps</b> filled with Ham, Cheese or Tuna served with Crunchy Nachos	<b>Homemade 'Jammy Dodger'</b>  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 3

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