

St George's School's Hot Meal Menu - September 2022 - July 2023

	Meet Free Monday	Tuesday	Wednesday	Thursday	Fishy Friday
Week 1	<p>V Home Made Margherita Pizza Crispy Salad Potato Wedges</p> <p>V Vegetable Curry Boiled Rice Naan Bread</p> <p>Fruity Flap Jack</p>	<p>Home Made Sausage Plait Baked Beans Mashed Potatoes</p> <p>V Quorn Cottage Pie Veg of the Day</p> <p>Fruit Jelly & Cream</p>	<p>Roast Chicken Breast & Gravy or V Quorn Fillet Seasonal Vegetables Roast Potatoes</p> <p>V Cauli & Broccoli Cheese Bake Roast Potatoes</p> <p>Chocolate Sponge & Chocolate Sauce</p>	<p>Traditional Liverpool Scouse Including Hearty Vegetables & Potatoes Crusty Bread</p> <p>V Quorn Swedish Style Meatballs in Tomato Sauce with Wholegrain Past Twists Crispy Salad Crusty Bread</p> <p>Lemon Drizzle Sponge Finger</p>	<p>Fishy Friday Choice Veg of the Day Chipped Potatoes</p> <p>V Mildly Spicy Bean and Cheese Quesadilla (folded soft tortilla wrap) Veg of the Day Chipped Potatoes</p> <p>Oaty Biscuit and Orange Slice</p>
Week 2	<p><u>Vegetarian Brunch</u></p> <p>V Linda McCartney Veggie Sausage, Baked Beans or Tomato Egg Toast</p> <p>V Puff Pastry Cheese & Tomato Parcels Baked Beans</p> <p>Chocolate Crunch Biscuit</p>	<p>Home Made Minced Beef & Vegetable Pie Gravy Veg of the Day Mashed Potatoes</p> <p>V Vegetable & Lentil Stew Fresh Baked Bread</p> <p>Frozen Yoghurt</p>	<p>Roast Gammon Veg of the Day Roast Potatoes</p> <p>V Quorn Bolognese with Pasta Twists Home Made Garlic Bread</p> <p>Apple Crumble & Custard</p>	<p>Chinese Chicken Curry or V Veggie Curry Tricolour Rice</p> <p>V Caribbean Jerk Quorn Fillet Strips Peas & Sweetcorn Medley Potato Wedges</p> <p>Banana & Sultana Muffin</p>	<p>Fishy Friday Choice Veg of the Day Chipped Potatoes</p> <p><u>Friday Picnic</u></p> <p>V Filled ½ Wrap Mini Pizza Veggie Sticks Chipped Potatoes</p> <p>Fresh Fruit Medley</p>
Week 3	<p>V Home Made Cheese & Potato Pie Garden Peas or Baked Beans Crusty Bread</p> <p>V Sweet Potato, Chickpea & Spinach Curry Sunshine Rice</p> <p>Shortbread Finger & Orange Wedges</p>	<p>Chicken or Quorn Tikka Masala Boiled Rice Home Made Naan Bread</p> <p>V Loaded Potato Skins with Veggie Chilli and Melted Cheese Topping Coleslaw</p> <p>Marble Sponge and Custard</p>	<p>Oven Baked Sausage Garden Peas Mash & Gravy in a Yorkshire Pudding</p> <p>V Quorn Veggie Mince Lasagne ½ Jacket Potato Crispy Salad</p> <p>Frozen Mousse</p>	<p>Chicken, Bacon & Vegetable Pasta Bake Crispy Mixed Salad</p> <p>V Quorn Burger in a Soft Bap Mayonnaise Dressing Crispy Salad Potato Wedges</p> <p>Yoghurt or Muffin</p>	<p>Fishy Friday Choice Veg of the Day Chipped Potatoes</p> <p>Salmon & Broccoli Quiche or V Cheese & Onion Quiche Veg of the Day Chipped Potatoes</p> <p>Cheese, Biscuits and Apple Slices</p>
Available Daily	<p>Freshly made sandwiches or wraps (Cheese, Tuna, Turkey, Ham)</p> <p>Fresh wholemeal bread</p> <p>Fresh fruit juice, semi-skimmed milk, fruit juice or water</p>				