



# St Hilary's Menu

Menu item	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat or Fish Main	Beef and lentil Bolognese with vegetables  Smoked salmon and spinach pasta bake	Chicken fajita with mixed peppers, onions and a tomato sauce	Roast pork loin	Lamb tagine with chickpeas and vegetables  Steamed Pollock filled with lemon	Oven baked fish fingers  (Gluten free available) Baked fresh fish
Vegetarian Main	Roasted Mediterranean vegetables and chickpeas	'Eat curious' fajita with mixed peppers, onions and a tomato sauce	Roast butternut squash and lentil Wellington	Vegetarian tagine with chickpeas and sweet potato	Crispy halloumi fingers
Carbohydrates & sides	Macaroni cheese  Plain wholemeal pasta  Gluten and dairy free available	Brown and white rice  <i>Wholemeal wraps</i>  <i>Jacket potato or sweet potato with baked beans</i>	Roast potatoes  Vegan friendly gravy	Lemon and herb couscous <i>(gluten free alternative)</i> Jacket potato and baked beans	Fries
Vegetables	Steamed broccoli and steamed sweetcorn	Courgettes and rainbow slaw	Leeks and carrot batons	Green beans and cauliflower	Garden peas Baked beans
EYFS Dessert	Apple crumble with an oat topping served with vanilla custard Natural yoghurts Fresh fruits	Natural yoghurt with mango, blueberry or strawberry puree	Fresh rainbow fruit pots (Watermelon, cantaloupe melon, grapes, pineapple and blueberries)	Carrot cake  Natural yoghurts Fresh fruits	Pip fruit and vegetable ice lollies Yoghurts Fresh fruits
Year 1+ Dessert	Apple crumble with an oat topping served with vanilla custard Natural yoghurts	Healthy banana bread Natural yoghurts Fresh fruit	Stewed fruits and cream Natural yoghurts Fresh fruits	Carrot cake  Natural yoghurts Fresh fruits	Pip fruit and vegetable ice lollies Yoghurts Fresh fruits