



St Hilary's Menu

Menu item	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat or Fish Main	BBQ glazed chicken thigh	Shepherds pie topped with creamy mash potato Smoked salmon and chive creamy pasta	Roast Turkey crown	Slow cooked coconut chicken curry Smoked haddock kedgeree	Pork sausage in a soft roll
Vegetarian Main	Three cheese and pepper frittata	Vegetarian lentil shepherds pie topped with creamy mash potato	Vegetable puff pastry tart with butternut squash, red onion and feta	Sweet potato and chickpea curry	Vegetarian hot dogs in a soft roll
Carbohydrates & sides	Steamed new potatoes with garlic and thyme Jacket potato or sweet potato with baked beans	Wholemeal pasta with tomato, spinach and vegetable sauce <i>Gluten free pasta available</i>	Roast potatoes Vegan friendly gravy	Wholemeal pasta Brown and white rice Lentil Dahl	Fries
Vegetables	Steamed green beans and steamed sweetcorn	Savoy cabbage and cauliflower	Steamed broccoli & roasted parsnips	Roasted courgettes and carrot batons	Garden peas Baked beans
EYFS Dessert	Stewed peaches with cream Natural yoghurts Fresh fruit	Fresh rainbow fruit pots (Watermelon, cantaloupe melon, grapes & blueberries)	Apple and pear stewed fruits Natural yoghurts	Natural Greek yoghurt with mango or blueberries Fresh fruit	Pip fruit and vegetable ice lollies Yoghurts Fresh fruits
Year 1+ Dessert	Peach cobbler with cream Natural yoghurts	Banana and custard pots Natural yoghurts Fresh fruits	Apple and cherry crumble with vanilla custard	Healthy banana bread Natural yoghurts Fresh fruits	Pip fruit and vegetable ice lollies Yoghurts Fresh fruits