



# St Hilary's Menu

Menu item	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat or Fish Main	Sticky garlic and ginger Pork with vegetables and spring onion  Baked Salmon fillet with Lemon	Spring Lamb stew with chickpeas and vegetables	Roast chicken thigh  Steamed Pollock fillet with lemon	Beef lasagne with a creamy cheese topping	Breaded chicken fillets  <i>Gluten free available</i>
Vegetarian Main	Sticky 'Eat curious' with garlic, ginger and vegetables	Butternut squash and chickpea stew	Lemon and herb roasted cauliflower with spinach and chickpeas	Vegetable and lentil lasagne with a creamy cheese topping	Crispy Halloumi slices  Vegan options available
Carbohydrates & sides	Brown and White rice  Jacket potato/sweet potato served with baked beans	Herb Couscous  <i>Wholemeal pasta</i>	Roast potatoes  Vegan friendly gravy	Jacket potatoes with baked beans	Fries
Vegetables	Steamed green beans and roasted cauliflower	Steamed leeks and carrot batons	Steamed broccoli & roasted parsnips	Roasted courgettes & sweetcorn	Garden peas Baked beans
EYFS Dessert	Natural Greek yoghurts with Mango or Blueberries  Fresh fruit	Fresh rainbow fruit pots (Watermelon, cantaloupe melon, grapes & blueberries)	Banana and oat flapjack Natural yoghurts Fresh fruits	Natural Greek yoghurt with mango or blueberries  Fresh fruit	Pip fruit and vegetable ice lollies Yoghurts Fresh fruits
Year 1+ Dessert	Mango Rice pudding	Healthy carrot cake Natural yoghurts Fresh fruit	Banana and oat flapjack Natural yoghurts Fresh fruits	Italian peach crumble with an oat topping served with custard	Pip fruit and vegetable ice lollies Yoghurts Fresh fruits