

St Teresa's R.C. Foundation

Week 1

Salad, Fresh Fruit, Bread and Water are available to pupils every day in all Schools.

✓ = Vegetarian

Date: 18th April, 15th May,
19th June, 17th July,
31st Aug, 25th Sept

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Chicken Chow Mein & Rice	✓ Cheese & Tomato Pizza	Roast Chicken Fillet, Stuffing & Gravy	✓ Stuffed Jackets	Fish in Rice Pop Coating
Side dishes	Sweetcorn	Garlic Ball Baked Beans	Roast Potatoes Vegetable Medley	Carrots Broccoli	Chips Peas Salad
Dessert	Apple Crumble & Custard	Canadian Date Cake & Custard	Ice Cream with Fresh Fruit Salad	Oat & Raisin Cookie Milk	Apple Muffin



Have potatoes with one of our delicious main courses to get my super energy power!



Add broccoli to your meal to get my super defence power



Please visit the schools website direct or www.myschoollunch.co.uk/nottingham for further information




Menu may be subject to change


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Week 2

Salad, Fresh Fruit, Bread and Water are available to pupils every day in all Schools.

 = Vegetarian

Date: 24th April, 22nd May,
26th June, 24th July,
4th Sept, 2nd Oct

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Chicken & Tomato Pasta Bake	Beef Lasagne	Roast Beef & Gravy	 Veggie Spaghetti Bolognese	 Cheese Flan
Side dishes	Baguette Chunk Carrots Sweetcorn	Garlic Ball Peas	Mashed Potatoes Yorkshire Pudding Carrots Green Cabbage	Baguette Chunk Broccoli Carrots	Chips Baked Beans
Dessert	Shortbread Biscuit Milk	Flapjack With Fruit Wedges	Fresh Fruit Salad	Eves Pudding With Custard	Chocolate Crunchies Fruit Wedges



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Week 3

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 = Vegetarian

Date: 2nd May, 5th June,
3rd Julv. 11th Sept. 9th Oct

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Sausage	Sweet & Sour chicken	Roast Turkey with Gravy	 Veggie Curry	Fish Fingers
Side dishes	Mashed Potato	Rice	Roast Potatoes	Rice	Chips
Dessert	Baked Beans	Green Beans	Vegetable Medley	Sweetcorn	Peas
	Fruit Crumble with Custard	Strawberry Yogurt	Jelly with Fruit Milk	Fruit Gateau	Lemon & Apricot Cookie



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Week 4

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Date: 8th May, 12th June,
10th Julv. 18th Sept. 16th Oct

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Cajun Chicken	✓ Cheese & Tomato Panini	Roast Gammon	✓ Veggie mince Cobbler	Salmon Nuggets
Side dishes	Rice	Garlic Ball	Roast Potatoes	Boiled Potatoes	Chips
	Carrots	Salad	Vegetable Medley	Green Beans Carrots	Peas
Dessert	Iced Lemon Sponge	Chocolate Sponge With Custard	Fresh Fruit Salad	Apple Streusel Cake with Custard	Strawberry Yogurt



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