



YOUR MENU

Week ONE

Monday	Tuesday	Wednesday	Thursday	Friday
Homemade Mac 'n' Cheese Fish Finger with tomato ketchup Jacket potato with Cheese & Beans	Homemade Chicken Curry Salmon Fishcake with Parsley sauce Jacket Potato with Tuna Mayo	Roast Chicken with Yorkshire Pudding and gravy Tuna, Sweetcorn Cheesy Pasta Bake Jacket Potato with chicken & Sweetcorn	Beef Burger in a bun Double fish Finger Burger in a bun Jacket potato with Cheese	Cheese & Tomato Pizza Fish Goujons with tomato ketchup
Garlic Bread Herby Diced Potato Sweetcorn Baby Carrots	Naan Bread Rice Duchess Potatoes Peas and Mixed Vegetables	Broccoli Carrots Roast or Mash Potato	Potato Wedges Sweetcorn Cobblets Peas	Baked Beans Sweetcorn Chunky chips
Fresh Seasonal Salad Bar Available Every Day With Bread Baked Fresh Daily.				
Coco Crunch and Custard Fresh Fruit or Yoghurt	Fruit Salad Yoghurt	Iced Apple Muffins Yoghurt or Fruit Wedges	Fruit Jelly Yoghurt Fruit Wedges	Flavoured Ice Cream Tubs Yoghurt or Fruit Wedges

ADDITIONAL MENU OPTIONS AVAILABLE DAILY

Vegetarian Options Available Daily.

For Any Allergen/Dietary Requirements Please Speak To The Catering Supervisor

MADE FRESH



YOUR MENU

Week TWO

Monday	Tuesday	Wednesday	Thursday	Friday
Freshly made Cheese & Tomato Quiche Lemon Sole Grill Jacket Potato with Tuna Mayo	Beef Meatballs In A Tomato Sauce with Pasta Fish Crunchy Jacket Potato with Sweet & Sour Quorn	Roast Lamb with gravy Haddock Grill Jacket Potato with Beans & Cheese	Lamb Sausage and Yorkshire Pudding Steamed Pollock with a cheese Sauce Jacket Potato with Chicken And Sweetcorn	Cheese & Tomato Pizza Battered Tempura Fish with Tomato Ketchup
Pommes Noisettes Carrots Peas	Diced Herby Potato Carrots Broccoli	Mash Or Roast Potato Green Beans Sweetcorn	Mashed Potato Carrots Sweetcorn	Chunky Chips Beans Garden Peas
Fresh Seasonal Salad Bar Available Every Day With Bread Baked Fresh Daily				
Val's Orange Sponge & Custard Yoghurt or Fruit Wedges	Chocolate Cornflake Crunch Yoghurt or Fruit Wedges	Melting Moment Biscuits Yoghurt or Fruit Wedges	Lemon & Poppy seed Muffins Yoghurt or Fruit Wedges	Frozen Flavoured Ice Cream Tubs Yoghurt or Fruit Wedges

Vegetarian Options Available Daily.

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MADE FRESH



YOUR MENU

Week THREE

Monday	Tuesday	Wednesday	Thursday	Friday
Vegetable Samosa's with minted yoghurt Double Fish Fingers Jacket Potato with Beans	Jerk Chicken Drumsticks Plaice Goujon Wrap Jacket Potato with Chicken & Sweetcorn Mayo	Roast Turkey with stuffing and gravy Cheese & Potato Pie Jacket Potato with Tuna Mayo	Mince Lamb Irish Stew in a Yorkshire Pudding Haddock Grill Jacket Potato with Cheese	Cheese & Tomato Pizza Fish Goujons with Tomato Ketchup
Potato Wedges Carrots Garden Peas	Rainbow Rice Herby Diced Potato Green Beans Sweetcorn	Mash or Roast Potato Broccoli Carrots	Mashed Potato Sweetcorn Peas	Chunky Chips Baked Beans Garden Peas
Fresh Seasonal Salad Bar Available Every Day With Bread Baked Fresh Daily				
Banana & Coco Bread Yoghurt or Fruit Wedges	Coco Crunch & Custard Yoghurt or Fruit Wedges	Fresh Fruit Salad Or Yoghurt	Anzac Cookies Yoghurt or Fruit Wedges	Flavoured Ice cream Tubs Yoghurts or Fruit Wedges

ADDITIONAL MENU OPTIONS AVAILABLE DAILY

Vegetarian Options Available Daily.

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MADE FRESH



YOUR MENU

Week **FOUR**

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese & Onion Pasty Steamed Pollock with parsley sauce Jacket Potato with Vegetable Ratatouille	Homemade Lamb Curry Cod Fish Cake Jacket Potato with Baked Beans	Roast Beef With Yorkshire Pudding and gravy Quorn Roast With Yorkshire Pudding Jacket with Tuna Mayo	Traditional Beef Lasagne Tuna Pasta Bake Jacket with Chicken & Sweetcorn Mayo	Cheese & Tomato Pizza Tempura Battered Fish with Tomato Ketchup
Potato Wedges Peas Carrots	Potato Wedges Rice & Naan Bread Sweetcorn	Mash Or Roast Potatoes Broccoli Carrots	Garlic Bread Diced Herby Potatoes Mixed Panache Of Vegetables	Chunky Chips Baked Beans Garden Peas
Fresh Seasonal Salad Bar Available Every Day With Bread Baked Fresh Daily				
Jelly Yoghurt Or Fruit Wedges	Orange Shortbread & Custard Yoghurt Or Fruit Wedges	Lemon Drizzle & Courgette Cake Yoghurt Or Fruit Wedges	Fruit Salad Yoghurt	Flavoured Ice Cream Tubs Yoghurt Or Fruit Wedges

ADDITIONAL MENU OPTIONS AVAILABLE DAILY

Vegetarian Options Available Daily.

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MADE FRESH

Certificate of Compliance with School Food Standards

This is to certify that

St Matthews Menus for

City Kitchen

meets the revised Government Standards for School Food, which
aim to ensure that food provided is healthy, balanced and nutritious*



Anna-Maria Holt BSc RD
Company Dietitian

Pelican Procurement Services, Ash House, Tanshire Park, Shackleford Road, Elstead, Surrey, GU8 6LB, 01252 705200

*Food provision has been evaluated by a registered dietitian against the food-based standards for lunches (January 2015) using menus and information as provided by the school at time of audit. Changes to menus, or additional food provision not included in the audit will invalidate this certificate.

