



## St. Albans Catholic Primary

September 2021



Date	Option 1	Option 2	Option 3	Desert
<b><u>Monday</u></b>	Pasta and Meatballs in Tomato and Basil Sauce with Garlic Bread, Peas and Sweetcorn. <b>G M</b>		Jacket Potato with Cheese <b>M</b> or Tuna <b>F E</b>	Fruity Flapjack or yoghurt <b>M</b>
<b><u>Tuesday</u></b>	Beef Burger In a Bun with Diced Potatoes Peas and Salad <b>G</b>		Jacket Potato with Cheese <b>M</b> or Tuna <b>F E</b>	ButterScotch Mousse <b>M</b> or Yoghurt <b>M</b>
<b><u>Wednesday</u></b>	Roast Chicken and Stuffing with Mashed Potato Carrots, Peas and Cauliflower Cheese. <b>G M MT</b>		Jacket Potato with Cheese <b>M</b> or Tuna <b>F E</b>	Rosalie Biscuit <b>G</b> or Yoghurt <b>M</b>
<b><u>Thursday</u></b>	Sausage with Pommes Noisettes Peas or Baked Beans <b>G</b> Vegan Option Available	Omlette <b>E M</b>	Jacket Potato with Cheese <b>M</b> or Tuna <b>F E</b>	Choc Chip Sponge <b>G E</b> <b>M</b> or Yoghurt <b>M</b>
<b><u>Friday</u></b>	Fish and Chips <b>F G</b> with Sweetcorn or Mushy Peas.	Fishless Fish Finger <b>G V</b>	Jacket Potato with Cheese <b>M</b> or Tuna <b>F E</b>	Icecream Tub or Yoghurt <b>M</b>

Fresh bread, salad, milk & water are available with every meal. Fresh fruit or yogurt is available as an alternative to the main dessert daily. ALLERGENS ARE IN RED

**E- EGG M- MILK G- GLUTEN F- FISH C- CELARY V- Vegan**