

SOUTH TYNESIDE CATERING SERVICE
ST MATTHEW'S RC PRIMARY SCHOOL
SCHOOL MEALS 2020-21

NAME: YEAR

(Please indicate which lunch you require by ticking the relevant box.)

WEEK ONE

MONDAY

QUORN MINCE WITH HERB DUMPLING	
OMELETTE	
VEGETABLE FINGERS	
EGG SANDWICH	
CHEESE SANDWICH	

TUESDAY

SPAGHETTI BOLOGNESE	
SAUSAGE ROLL	
VEGETABLE AND CHICKPEA CURRY	
TUNA SANDWICH	
CHEESE SANDWICH	

WEDNESDAY

COTTAGE PIE	
CHICKEN CURRY	
QUORN DIPPERS	
HAM SANDWICH	
CHEESE SANDWICH	

THURSDAY

ROAST CHICKEN WITH STUFFING	
MARGHERITA PIZZA	
MEAT FREE SAUSAGE ROLL	
CHICKEN SANDWICH	
CHEESE SANDWICH	

FRIDAY

TOP CRUST STEAK PIE	
BAKED FISH FINGERS	
QUORN BOLOGNESE	
TURKEY SANDWICH	
CHEESE SANDWICH	

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WEEK TWO

MONDAY

QUORN SAUSAGE CASSEROLE	
CHEESE PIZZA	
VEGETABLE LASAGNE	
EGG SANDWICH	
CHEESE SANDWICH	

TUESDAY

CHICKEN CURRY	
MINCE PIE	
VEGETABLE NUGGETS	
TUNA SANDWICH	
CHEESE SANDWICH	

WEDNESDAY

ROAST CHICKEN AND YORKSHIRE PUDDING	
HOT DOG IN A BUN	
SPICY QUORN BURRITO	
HAM SANDWICH	
CHEESE SANDWICH	

THURSDAY

HOT CHICKEN WRAPS	
BEEF LASAGNE	
QUORN DOG IN A BUN	
CHICKEN SANDWICH	
CHEESE SANDWICH	

FRIDAY

MACARONI CHEESE	
FISH FILLET	
LENTIL CURRY	
TURKEY SANDWICH	
CHEESE SANDWICH	

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WEEK THREE

MONDAY

QUORN MEATBALLS IN GRAVY	
MARGHERITA PIZZA	
VEGETABLE RAVIOLI	
EGG SANDWICH	
CHEESE SANDWICH	

TUESDAY

CHICKEN CURRY	
BURGER IN A BUN	
VEGGIE MINCE AND DUMPLING	
TUNA SANDWICH	
CHEESE SANDWICH	

WEDNESDAY

MINCED BEEF AND DUMPLING	
TUNA AND SALMON PASTA SALAD	
VEGETABLE CURRY	
HAM SANDWICH	
CHEESE SANDWICH	

THURSDAY

SAUSAGE CASSEROLE	
CHEESE AND ONION PANINI	
QUORN BURGER IN A BUN	
CHICKEN SANDWICH	
CHEESE SANDWICH	

FRIDAY

CHICKEN PIE	
FISHCAKE	
VEGETABLE RAVIOLI	
TURKEY SANDWICH	
CHEESE SANDWICH	