

St Teresa's Spring Term Menu 2020 - Vegetarian

Week 1 - 6 Jan / 27 Jan / 24 Feb / 16 Mar				
Monday	Tuesday	Wednesday	Thursday	Friday
Tomato Pasta Cauliflower	Quorn Mince Tacos with Mixed Peppers & Corn Herby Potatoes	Tomato Pizza Wedges Sweetcorn	Veggie Roast Roast Potatoes Mixed Vegetables	Veggie Fingers Chips Peas
Week 2 - 13 Jan / 3 Feb / 2 Mar / 23 Mar				
Monday	Tuesday	Wednesday	Thursday	Friday
Veggie Meatballs in Tomato Sauce with Rice	Tomato Pasta Crusty Bread Green Beans	Veggie Curry Rice	Veggie Roast Roast New Potatoes Swede & Carrots	Veggie Fingers Chips Baked Beans
Week 3 - 20 Jan / 10 Feb / 9 Mar / 30 Mar				
Monday	Tuesday	Wednesday	Thursday	Friday
Creamy Pasta Garlic Bread Carrots	Veggie Burger Wedges Tomato & Cucumber	Veggie Goujons Chips Sweetcorn & Peas	Veggie Roast Roast Potatoes Mixed Vegetables	Veggie Fingers Chips Peas
Daily Sandwich Selection - Wholemeal Bread with choice of one filling - Cheese, Tuna Mayo, Egg Mayo, Ham. Served with Popcorn & Cucumber plus Orange or Apple Juice. Choice of Dessert.				
Daily Jacket Potato Selection - Grated Cheese, Tuna Mayonnaise, Baked Beans. Choice of Dessert				
Omelette - Freshly prepared omelette, served with vegetables, cheese or Baked Beans				

Alternative Dessert Choice: Fresh Fruit, Fruit Yoghurt, Fruit Jelly and Cheese and Crackers