

# Trinity Academy St Peter's – Winter Menu 23/24



<p><b>Week 1</b> Meat-Free Monday</p> <p>Main:</p> <ul style="list-style-type: none"> <li>Macaroni Cheese, Carrots &amp; Sweetcorn <b>1, 4, 9</b></li> <li>Quorn Nuggets, Sautee Potatoes, Mixed Winter Veggies <b>1, 4</b></li> <li>Hummus &amp; Cucumber Wrap <b>1</b></li> <li>Sliced Cheddar Cheese &amp; Tomato Sandwich <b>1, 4</b></li> </ul> <p>Dessert: Fresh Fruit or Yogurt <b>4</b></p>	<p><b>Week 1</b> Tuesday</p> <p>Main:</p> <ul style="list-style-type: none"> <li>Make your own Tortilla Wrap: BBQ Chicken or Sweet Chilli Chicken <b>1, 7, 10</b></li> <li>BBQ Quorn Pieces, Lettuce, Cucumber, Sweetcorn, Tomatoes <b>1, 9</b></li> <li>Ham &amp; Lettuce Wrap <b>1, 4</b></li> <li>Sliced Cheddar Cheese &amp; Tomato Sandwich <b>1, 4</b></li> </ul> <p>Dessert: Syrup Sponge &amp; Custard <b>1, 4, 5, 7</b></p>	<p><b>Week 1</b> Wednesday</p> <p>Main:</p> <ul style="list-style-type: none"> <li>Sausage Dinner, Roast Potatoes, Yorkies, Gravy, Broccoli <b>1, 4, 5, 7, 10</b></li> <li>Veggie Sausage, Roast Potatoes, Gravy, Broccoli <b>1, 4</b></li> <li>Ham &amp; Lettuce Wrap <b>1, 4</b></li> <li>Sliced Cheddar Cheese &amp; Tomato Sandwich <b>1, 4</b></li> </ul> <p>Dessert: Watermelon</p>	<p><b>Week 1</b> Thursday</p> <p>Main:</p> <ul style="list-style-type: none"> <li>Mexican Chicken. Aromatic Rice, Veggies <b>9</b></li> <li>Cheese &amp; Onion Roll, Baked Beans, Veggies <b>1, 4, 9, 10</b></li> <li>Ham &amp; Lettuce Wrap <b>1, 4</b></li> <li>Sliced Cheddar Cheese &amp; Tomato Sandwich <b>1, 4</b></li> </ul> <p>Dessert: Chocolate Muffin <b>1, 4, 5, 9</b></p>	<p><b>Week 1</b> Friday</p> <p>Main:</p> <ul style="list-style-type: none"> <li>Fish Burger, Potato Wedges, Salad <b>1, 6</b></li> <li>Vegan Chicken Burger, Potato Wedges, Salad <b>1</b></li> <li>Ham &amp; Lettuce Wrap <b>1, 4</b></li> <li>Sliced Cheddar Cheese &amp; Tomato Sandwich <b>1, 4</b></li> </ul> <p>Dessert: Ice Cream <b>4</b></p>
<p><b>Week 2</b> Meat-Free Monday</p> <p>Main:</p> <ul style="list-style-type: none"> <li>Cheese &amp; Tomato Pizza, Garlic Bread <b>1, 4</b></li> <li>Veggie Biryani, Garlic Bread <b>1, 4, 9</b></li> <li>Cream Cheese &amp; Cucumber Sandwich <b>1, 4</b></li> <li>Humus &amp; Radish Wrap <b>1</b></li> </ul> <p>Dessert: Blueberry Muffin <b>1, 4, 5, 9</b></p>	<p><b>Week 2</b> Tuesday</p> <p>Main:</p> <ul style="list-style-type: none"> <li>Beef Keema, Baked Potato, Cheese <b>9</b></li> <li>Baked Potato with Beans &amp; Cheese, Salad <b>4</b></li> <li>Ham Sandwich <b>1, 4</b></li> <li>Chicken Sandwich <b>1, 4</b></li> </ul> <p>Dessert: Watermelon</p>	<p><b>Week 2</b> Wednesday</p> <p>Main:</p> <ul style="list-style-type: none"> <li>Roast Chicken, Roast Winter Veggies, Yorkies, Gravy, Cauliflower <b>1, 4, 5</b></li> <li>Creamy Veggie Lattice Slice, Cauliflower <b>1, 4, 7, 9, 11</b></li> <li>Ham Sandwich <b>1, 4</b></li> <li>Chicken Sandwich <b>1, 4</b></li> </ul> <p>Dessert: Chocolate Donut <b>1, 4, 5, 7, 9</b></p>	<p><b>Week 2</b> Thursday</p> <p>Main:</p> <ul style="list-style-type: none"> <li>Tuna &amp; Salmon Pasta Bake <b>1, 4, 9</b></li> <li>Indian Selection: Onion Bhajis &amp; Veggie Samosas <b>1, 4, 9, 10</b></li> <li>Ham Sandwich <b>1, 4</b></li> <li>Chicken Sandwich <b>1, 4</b></li> </ul> <p>Dessert: Fresh Fruit or Yogurt <b>4</b></p>	<p><b>Week 2</b> Friday</p> <p>Main:</p> <ul style="list-style-type: none"> <li>New York Style Hot Dog, Diced Potatoes, Peas &amp; Carrots <b>1, 7, 10</b></li> <li>New York Style Quorn Hot Dog, Potato Wedges, Peas <b>1</b></li> <li>Ham Sandwich <b>1, 4</b></li> <li>Chicken Sandwich <b>1, 4</b></li> </ul> <p>Dessert: Jelly</p>
<p><b>Week 3</b> Meat-Free Monday</p> <p>Main:</p> <ul style="list-style-type: none"> <li>Quorn Veggie Tacos, Mixed Veggies <b>9</b></li> <li>Creamy Veggie Lattice, Mixed Veggies <b>1, 4, 9</b></li> <li>Cheese &amp; Cucumber Sandwich <b>1, 4</b></li> <li>Falafel &amp; Lettuce Sandwich <b>1, 4</b></li> </ul> <p>Dessert: Fresh Fruit or Yogurt <b>4</b></p>	<p><b>Week 3</b> Tuesday</p> <p>Main:</p> <ul style="list-style-type: none"> <li>Turkey Chilli Con Carne, Baked Potato, Veggies <b>4, 9</b></li> <li>Tuna Mayo Baked Potato, Cheese <b>4, 5, 11</b></li> <li>Ham Sandwich <b>1, 4</b></li> <li>Chicken &amp; Sweetcorn Wrap <b>1</b></li> </ul> <p>Dessert: Jam Donut <b>1, 4, 5, 9</b></p>	<p><b>Week 3</b> Wednesday</p> <p>Main:</p> <ul style="list-style-type: none"> <li>Roast Chicken, Roast Winter Veggies, Gravy, Yorkies, Green Beans <b>1, 4, 5</b></li> <li>Quorn Dippers, Roast Potatoes, Gravy, Green Beans <b>1, 4, 5, 9</b></li> <li>Ham Sandwich <b>1, 4</b></li> <li>Chicken &amp; Sweetcorn Wrap <b>1</b></li> </ul> <p>Dessert: Watermelon</p>	<p><b>Week 3</b> Thursday</p> <p>Main:</p> <ul style="list-style-type: none"> <li>Chicken Masala, Steamed Rice, Sweetcorn <b>4, 9</b></li> <li>Cauliflower, Chickpea &amp; Potato Curry, Steamed Rice, Seasonal Veggies <b>4, 9</b></li> <li>Ham Sandwich <b>1, 4</b></li> <li>Chicken &amp; Sweetcorn Wrap <b>1</b></li> </ul> <p>Dessert: Muffin <b>1, 4, 5, 9</b></p>	<p><b>Week 3</b> Friday</p> <p>Main:</p> <ul style="list-style-type: none"> <li>Roast Fish, Potato Wedges, Peas <b>1, 6</b></li> <li>Fishless Fingers, Potato Wedges, Peas <b>1, 9</b></li> <li>Ham Sandwich <b>1, 4</b></li> <li>Chicken &amp; Sweetcorn Wrap <b>1</b></li> </ul> <p>Dessert: Hot Chocolate Brownie <b>1, 4, 5, 7, 9</b></p>

## Allergens

1, Wheat – Cereals (contains gluten)

2, Peanuts

3, Tree nuts – like walnuts, almonds, pine nuts, Brazil nuts and pecans

4, Milk

5, Eggs

6, Fish

7, Soy

8, Shellfish

9, Celery

10, Sulphite

11, Mustard

12, Lupin

13, Molluscs

14, Sesame Seeds