St. Mary's School Melrose

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEK 2
Breakfast		A selection of cereals, porridge, toast, with butter, jam, marmalade, marmite, orange juice, milk and yoghurts Bacon rolls	A selection of cereals, porridge, toast, croissants with butter, jam, marmalade, marmite, orange juice, milk and yoghurts	A selection of cereals, porridge, toast, pain au chocolate with butter, jam, marmalade, marmite, orange juice, milk and yoghurts	Oven cooked breakfast of sausages, bacon, eggs, hash browns, baked beans, toast, orange juice and milk	
Soup	Vegetable	Tomato	Leek and potato	Sweet potato and red pepper	Lentil	
Main	Chicken pie	Tacos, chilli, chicken etc	Macaroni cheese	Chicken burger	Fish cakes	
Vegetarian	Tofu stir fry	Vegetable Tacos	Vegan Pesto pasta	Plant based burger	Quorn laksa with noodles	
Carbohydrates	Potatoes	Tacos	Pasta	Cous cous	Potato wedges	
Vegetables	Green beans	Salad bar	Salad bar	Peppers, onions	Salad bar	
Dessert	Fresh fruit and yoghurt	Ice cream and jelly	Fresh fruit and yoghurt	Pancakes, ice cream and butterscotch sauce	Fresh fruit and yoghurt	
Snack	Savoury / sweet snack with milk or water	Savoury / sweet snack with milk or water	Savoury / sweet snack with milk or water	Savoury / sweet snack with milk or water	Savoury / sweet snack with milk or water	
Supper	Spaghetti bolognaise	Chicken Kiev	Chicken Fajitas	Hoisin Shredded beef		
Carbohydrates	Pasta	Noodles	Chips	Rice		
Vegetables	Salad	Peppers, green beans	Broccoli	Mixed vegetables		

On occasion, menus may have to be altered at short notice, while ensuring a balanced diet is maintained. Our salad bar is always available at lunch and supper.