

# St Mary's Altitude

## 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week One</b>	Chicken Curry & Rice Salmon Fish Cakes Peas / Salad Mashed Potatoes Parsley Sauce Nov-23 Dec-21	Spaghetti Bolognese Savory Pizza Broccoli & Carrots Salad Mashed Potatoes Fruit Muffin / Fruit Custard (RMF)	Chicken nuggets Savory Wraps Baguettes/Paninis Green beans Herb Dice/Mashed Potatoes & Salad Yoghurts / Fruit Fruit Jelly (RMF)	Roast Pork Stuffing & Gravy Dry Oven Roast / Mashed Potatoes Cabbage / Carrots Salad Fruit Salad Artic Roll (H)	Oven Baked Sausages Irish Stew Baked Beans / Carrots Salad Chips / Mashed Potatoes Decorated Sponge / Fruit
<b>Week Two</b>	Oven Baked Fish Cheese / Chicken Paninis Peas / White Sauce Salad Mashed Potatoes Nov-02	Chicken Curry & Rice Cottage Pie Mixed Vegetables, salad Mashed / Baked Potatoes Decorated Mousse Fruit / Ice Cream (H)	Oven Baked Sausages Cheese & Tomato Pizza Baked Beans / Broccoli Oven Dice/Baby Boiled Potato Salad Rice Pudding & Fruit Cheese & Biscuits (RMF)	Roast Gammon Stuffing & Gravy / Salad Dry Oven Roast / Mashed Potatoes Baton Carrots/Cabbage Wholemeal Biscuits Fruit / Custard (H)	Home Made Beef Burger & Bap / Salad Savory Pasta Bake Sweetcorn / Green Beans Chips / Mashed Potatoes Pineapple Sponge / Fruit
<b>Week Three</b>	Chicken Curry & Rice Oven Baked Fish Sweetcorn / Peas Mashed Potatoes Nov-09 Dec-07	Spaghetti Bolognese Oven Baked Chicken Nuggets Carrots / salad Baby Boiled / Mashed Potatoes Jelly / Fruit Ice Cream	Filled Baguettes / Paninis Oven Baked Beef Burgers & Onion Gravy Peas / Sweetcorn Herb Dice / Mashed Potato / Salad Fruit Cookies / Fruit Custard (H)	Roast Turkey Stuffing & Gravy Dry Oven Roast / Mashed Potatoes Cabbage / Carrots Salad Pear Sponge / Fruit Custard (RMF) (H)	Hot Dogs Lasagne Baked Beans / Carrots Tossed salad / Coleslaw Chips / Mashed Potatoes Wholemeal Biscuits Fruit
<b>Week Four</b>	Oven Baked Fish Savory Pizza Green Beans / Mixed Vegetables Salad Nov-16 Dec-14	Chicken nuggets Cottage Pie Broccoli / Carrots Mashed Potatoes Rice Pudding / Fruit Frozen Yoghurt / Fruit	Beef Burger & Bap Chicken Curry & Rice Mixed Vegetables Oven Dice / Mashed Potatoes / Salad Fruit Muffins / Fruit Custard (H)	Roast Gammon Stuffing & Gravy Dry Oven Roast / Mashed Potatoes Turnips / Carrots Salad Fruit Swiss Roll Fruit / Custard (H)	Oven Baked Sausages Pasta Bake Baked Beans / Peas & Sweetcorn Salad Chips / Mashed Potato Flakemeal Biscuits / Fruit (RMF)

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