

# St Mawes School Meatfree Week

27<sup>th</sup> January – 31<sup>st</sup> January



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Cheese &amp; Tomato Pizza</b>	<b>Beef Lasagna</b>	<b>Sausage with Mash</b>	<b>Hot dog &amp; BBQ beans</b>	<b>Golden Fish Fingers and Chips</b>
Pizza topped with tomato sauce and cheese	Layers of pasta with minced beef and tomato sauce topped with cheese	Pork sausage with mash and gravy	Hot dog sausage in a roll with BBQ flavored beans	MSC pollock fish fingers with chips
<b>Tomato and Roasted Veggie Risotto</b>	<b>Cheese and Onion Pasty</b>	<b>Quorn sausage with Mash</b>	<b>Quorn Fajita</b>	<b>Sticky Onion Cheddar Quiche and Chips</b>
Roasted peppers, courgettes and tomatoes with edamame beans and rice	Tasty Locally made pasty with cheese and onion filling	Quorn sausage with mash and gravy	Marinated quorn with sliced vegetables, rice, and a wheat wrap	Wholemeal pastry with caramelised onion and cheddar filling.
<b>Jacket Potato</b>	<b>Jacket Potato</b>	<b>Jacket Potato</b>	<b>Jacket potato</b>	<b>Jacket Potato</b>
<b>Tiramisu</b>	<b>Winter Fruit Brulee</b>	<b>Apple and Berry Crumble</b>	<b>Mexican Chocolate Pudding</b>	<b>Ginger cookie and fruit slices</b>
Soft cheese and cream layers with sponge and cocoa	Dessert pot with berries, cream on yoghurt with crunchy topping	Baked apples and berries topped with an oatly crumble	Chocolate and cinnamon flavoured sponge and sauce	Ginger Cookie with juicy fruit