

## Weekly Menu: Tilbury St Marys Spring Summer menu 24 Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>	<b>Main</b>
Fish Pie	Beef Burger	Roast chicken	BBQ Chicken Pizza	Fish Fingers
Meat Free Sausage Roll	Potato Smiles	Roast Quorn Fillet	Garlic Bread	Quorn Dippers
Mash Potatoes	Macaroni Cheese	Roast Potatoes	Tomato and Basil Pasta	Chips
Jacket Potato with a Choice of Filling	Jacket Potato with a Choice of Filling	Yorkshire Pudding	Jacket Potato with a Choice of Filling	Jacket Potato with a Choice of Filling
Tuna Mayo	Tuna Mayo	Gravy	Tuna Mayo	Tuna Mayo
Cheese	Cheese	Jacket Potato with a Choice of Filling	Cheese	Cheese
Baked Beans	Baked Beans	Tuna Mayo	Baked Beans	Baked Beans
		Cheese		
		Baked Beans		
<b>Vegetables</b>	<b>Vegetables</b>	<b>Vegetables</b>	<b>Vegetables</b>	<b>Vegetables</b>
Fresh Broccoli	Baked Beans	Carrots	Sweetcorn	Peas
Seasonal Salad Bar	Seasonal Salad Bar	Seasonal Salad Bar	Seasonal Salad Bar	Seasonal Salad Bar
<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>	<b>Dessert</b>
Rocket Ice Lolly	Marble Sponge	Fruit Jelly	Carrot cake	Fruit Cocktail
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Cream crackers	Cream crackers	Cream crackers	Cream crackers	Cream crackers
Soft Cheese	Soft Cheese	Soft Cheese	Soft Cheese	Soft Cheese
Wholemeal Bread	Wholemeal Bread	Wholemeal Bread	Wholemeal Bread	Wholemeal Bread

### Allergens

Fish Pie: **Celery, Fish, Milk**; Meat Free Sausage Roll: **Cereals containing gluten**; Mash Potatoes: **No allergens**; Jacket Potato with a Choice of Filling: **No allergens**; Tuna Mayo: **Eggs, Fish**; Cheese: **Milk**;

Fresh Broccoli:**No allergens**; Seasonal Salad Bar:**No allergens**; Fresh Fruit:**No allergens**; Cream crackers:**Cereals containing gluten**; Soft Cheese:**Milk**; Wholemeal Bread:**Cereals containing gluten,Soya**; Beef Burger:**Cereals containing gluten**; Potato Smiles:**No allergens**; Macaroni Cheese:**Celery,Cereals containing gluten,Milk,Mustard**; Baked Beans:**No allergens**; Marble Sponge:**Cereals containing gluten,Eggs**; Roast chicken:**Celery**; Roast Quorn Fillet:**Cereals containing gluten**; Roast Potatoes:**No allergens**; Yorkshire Pudding:**Cereals containing gluten,Eggs,Milk**; Gravy:**No allergens**; Carrots:**No allergens**; Fruit Jelly:**No allergens**; BBQ Chicken Pizza:**Cereals containing gluten,Eggs,Milk,Mustard,Soya**; Garlic Bread:**Cereals containing gluten,Eggs,Milk,Soya**; Tomato and Basil Pasta:**Celery,Cereals containing gluten**; Sweetcorn:**No allergens**; Carrot cake:**Cereals containing gluten,Eggs**; Fish Fingers:**Cereals containing gluten,Fish**; Quorn Dippers:**Cereals containing gluten**; Chips:**No allergens**; Peas:**No allergens**