

Weekly Menu: Tilbury St Marys Spring Summer menu 24 Week 2 www.thurrock.gov.uk

Monday	Tuesday	Wednesday	Thursday	Friday
Main	Main	Main	Main	Main
Pork Sausages	BBQ Chicken	Roast Gammon	Cheese & Tomato Pizza	Fish Fingers
Quorn Sausage	Meat Free Enchilada	Roast Quorn Fillet	Quorn Dippers	Cheese and Red Onion Quiche
Mash Potatoes	Rice and peas	Roast Potatoes	Potato Smiles	Chips
Gravy	Jacket Potato with a Choice of Filling	Gravy	Jacket Potato with a Choice of Filling	Jacket Potato with a Choice of Filling
Jacket Potato with a Choice of Filling	Cheese	Yorkshire Pudding	Cheese	Cheese
Cheese	Tuna Mayo	Jacket Potato with a Choice of Filling	Tuna Mayo	Tuna Mayo
Tuna Mayo	Baked Beans	Cheese	Baked Beans	Baked Beans
Baked Beans		Tuna Mayo		
		Baked Beans		
Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
Mixed Vegetables	Fresh Broccoli	Carrots	Sweetcorn	Peas
Seasonal Salad Bar	Seasonal Salad Bar	Seasonal Salad Bar	Seasonal Salad Bar	Seasonal Salad Bar
Dessert	Dessert	Dessert	Dessert	Dessert
Fruit Smoothie	Jam Sponge	Fruit Jelly	Fruity Iced Sponge	Oat Cookie
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

Pork Sausages: **Cereals containing gluten, Soya**; Quorn Sausage: **Cereals containing gluten**; Mash Potatoes: **No allergens**; Gravy: **No allergens**; Jacket Potato with a Choice of Filling: **No allergens**;

Cheese: **Milk**; Tuna Mayo: **Eggs, Fish**; Mixed Vegetables: **No allergens**; Seasonal Salad Bar: **No allergens**; Fruit Smoothie: **No allergens**; Fresh Fruit: **No allergens**; Cream crackers: **Cereals containing gluten**; Soft Cheese: **Milk**; Wholemeal Bread: **Cereals containing gluten, Soya**; BBQ Chicken: **Cereals containing gluten**; Meat Free Enchilada: **Cereals containing gluten, Milk, Soya**; Rice and peas: **Celery**; Fresh Broccoli: **No allergens**; Jam Sponge: **Cereals containing gluten, Eggs**; Roast Gammon: **No allergens**; Roast Quorn Fillet: **Cereals containing gluten**; Roast Potatoes: **No allergens**; Yorkshire Pudding: **Cereals containing gluten, Eggs, Milk**; Carrots: **No allergens**; Fruit Jelly: **No allergens**; Cheese & Tomato Pizza: **Celery, Cereals containing gluten, Eggs, Milk, Soya**; Quorn Dippers: **Cereals containing gluten**; Potato Smiles: **No allergens**; Sweetcorn: **No allergens**; Fruity Iced Sponge: **Cereals containing gluten, Eggs**; Fish Fingers: **Cereals containing gluten, Fish**; Cheese and Red Onion Quiche: **Celery, Cereals containing gluten, Eggs, Milk**; Chips: **No allergens**; Peas: **No allergens**; Oat Cookie: **Cereals containing gluten**