

Weekly Menu: Tilbury St Marys Spring Summer menu 24 Week 3 www.thurrock.gov.uk

Monday	Tuesday	Wednesday	Thursday	Friday
Main	Main	Main	Main	Main
Quorn Hot Dog	Chicken Meatball in Tomato sauce	Roast chicken	Cheese & Tomato Pizza	Fish Fingers
Potato Gnocchi Pasta in a Tomato & Basil sauces	Vegan Meatballs In a tomato Sauce	Quorn Plait	Spanish Omelette	Vegetable Fingers
Jacket Potato with a Choice of Filling	Spaghetti pasta	Roast Potatoes	New Potato	Chips
Cheese	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	Cheese	Gravy	Tuna Mayo	Cheese
Baked Beans	Tuna Mayo	Jacket Potato with a Choice of Filling	Baked Beans	Tuna Mayo
	Baked Beans	Cheese	Cheese	Baked Beans
		Tuna Mayo		
		Baked Beans		
Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
Sweetcorn Cobette	Mixed Vegetables	Carrots	Sweetcorn	Peas
Seasonal Salad Bar	Seasonal Salad Bar	Seasonal Salad Bar	Seasonal Salad Bar	Seasonal Salad Bar
Dessert	Dessert	Dessert	Dessert	Dessert
Frozen Yoghurt	Banana Sponge	Fruit Jelly	Lemon Drizzle 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

Quorn Hot Dog: **Cereals containing gluten, Eggs, Sesame seeds**; Potato Gnocchi Pasta in a Tomato & Basil sauces: **Celery, Cereals containing gluten, Mustard, Soya**; Jacket Potato with a Choice of

Filling:**No allergens**; Cheese:**Milk**; Tuna Mayo:**Eggs,Fish**; Sweetcorn Cobette:**No allergens**; Seasonal Salad Bar:**No allergens**; Frozen Yoghurt:**Milk**; Fresh Fruit:**No allergens**; Cream crackers:**Cereals containing gluten**; Soft Cheese:**Milk**; Wholemeal Bread:**Cereals containing gluten,Soya**; Chicken Meatball in Tomato sauce:**Celery**; Vegan Meatballs In a tomato Sauce:**Celery**; Spaghetti pasta:**Cereals containing gluten,Mustard,Soya**; Mixed Vegetables:**No allergens**; Banana Sponge:**Cereals containing gluten,Eggs**; Roast chicken:**Celery**; Quorn Plait:**Celery,Cereals containing gluten,Eggs**; Roast Potatoes:**No allergens**; Yorkshire Pudding:**Cereals containing gluten,Eggs,Milk**; Gravy:**No allergens**; Carrots:**No allergens**; Fruit Jelly:**No allergens**; Cheese & Tomato Pizza:**Celery,Cereals containing gluten,Eggs,Milk,Soya**; Spanish Omelette:**Celery,Eggs**; New Potato:**No allergens**; Sweetcorn:**No allergens**; Lemon Drizzle Cake:**Cereals containing gluten,Eggs**; Fish Fingers:**Cereals containing gluten,Fish**; Vegetable Fingers:**Cereals containing gluten**; Chips:**No allergens**; Peas:**No allergens**