

# ST LEONARDS MENU Week of 20<sup>th</sup> March 2017



**St Leonards**  
St Andrews, Fife

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LUNCH</b>					
Soup	Vegetarian Soup Jamaican Sweet Potato	Vegetarian Soup Split Pea & Leek	Vegetarian Soup Simply Tomato	Vegetarian Soup Broccoli & Cheddar	Vegetarian Soup Mediterranean Vegetable & Tomato
Seniors Main	Slow Cooked Beef Curry	Pork Sausages	Chicken & Leek Pie	Pasta Bolognese	Pizza Day
Juniors Main	Slow Cooked Beef Curry	Pork Sausages	Chicken & Leek Pie	Pasta Bolognese	Pizza Day
Vegetarian Main	Mushroom & Leek Stroganoff	Baked Ricotta with roasted tomatoes & roasted yellow peppers	Grilled Mozzarella & Herb Fritters with Yoghurt & Mint dip	Mushroom Carbonara	Pizza Day
On The Side	Steamed Rice Cauliflower Green beans	Mashed Potatoes Carrots	Oven Roast Potatoes Broccoli	Penne Pasta Garlic bread Sweetcorn	Chipped Potatoes
Hot Dessert	Rhubarb Sponge Custard	Fruit Crumble Vanilla sauce	Chocolate Sponge Chocolate Sauce	Seasonal Strudel Vanilla sauce	Baked Beans Rice Pudding Jam Sauce
Cold Dessert	Yoghurt Pot Fruit Platter	Yoghurt Pot Fruit Platter	Yoghurt Pot Fruit Platter	Yoghurt Pot Fruit Platter	Yoghurt Pot Fruit Platter

<b>Special Diets</b>					
Gluten Free	Beef Curry	GF Sausages	Chicken & Leek Casserole	GF Bolognese	GF Pizza
No Pork No Beef	Beef Curry Lamb Curry	Beef Sausages Pork Sausages	Chicken & Leek Pie Chicken & Leek Pie	Pasta Bolognese Pasta Carbonara	Pizza Day Pizza Day
No Dairy/Egg	Beef Curry	Roast Beef	Marinated Chicken with Leeks	Pasta Bolognese	Pizza Day
Vegan	Mushroom & Leek with steamed Rice	Roasted Tomatoes, peppers & vegetable tower	Potato & Bean Fritters	Penne with garlic & Mushrooms	Vegan Pizza Day
NO NUTS	Beef Curry	Pork Sausages	Chicken & Leek Pie	Pasta Bolognese	Pizza Day
Halal	Halal Beef Curry	Roast Beef	Halal Chicken & Leek Pie	Halal Bolognese	Pizza Day Pizza Day Roast Beef



**Note to all Parents/Students :** The catering team are aware of all student's individual dietary requirements and we urge all students to please ask the catering staff if they are unsure of options available to them. If a main dish contains any items which they are allergic to an alternative will have been prepared for them by the chef.