

Educaterers Lunch Menu Week 3 w/c Mondays 3/6, 24/6, 15/7, 16/9, 7/10, 4/11.

Monday



Organic Pork Meatballs (G.SU.)

or



(v) Quorn Korma (very mild) (M.D.E.)

Tuesday



Pasta with Peas and Bacon (G.D.)

or



(v) Pizza Fillet – Quorn topped with pizza sauce and melted cheese (D.E.)

Wednesday



Roast Beef in Gravy

or



(v) Broccoli and Sweetcorn Pasta (G.D.)

Thursday



Chicken Pie (D.G.)

or



(v) Sticky BBQ Veggie Sausages (G.SB.S.)

Friday



Breaded Pollock Fillet (F.SB.)

or



(v) Quorn Nuggets (G.D.E.)

Week 3 Dessert Menu

Every day we offer:

(v) Yeo Valley organic yoghurt, (D.) or fresh fruit as alternative dessert options

Monday

(v,h) Homemade Fruity Flapjack (G.)

Tuesday

(v,h) Homemade Sponge with Fruit in Juice (E.G.)

Wednesday

(v,h) Homemade Jam Tart (G.) with Custard (D.)
(v) Ice Cream Tub (D.)

Thursday

(v) Cheddar Cheese, Crackers and Apple Wedge (G.D.)
(v,h) Homemade Carrot and Orange Cookie (G.)

Friday

(v,h) Homemade Vanilla Krispy Bar (G.)
(v) Ice Cream Tub (D.)

All our meals include a carbohydrate accompaniment, seasonal vegetables and/or salad. We offer a choice of fruit juice cordial, organic semi skimmed milk and water to drink.

Accompaniments may vary to those shown.

Key

V = vegetarian
D = Dairy
N = Coconut
S = Sesame
E = Egg

G = Gluten/Wheat
F = Fish
M = Mustard
SB = Soya
SU = Sulphites

Allergies
Please contact your school cook for information regarding the content of dishes and products on our menu.