

Educaterers Lunch Menu Week 1 – w/c Mondays 13/5, 10/6, 1/7, 2/9, 23/9, 14/10

Monday



Pork Sausages (G.SU)

or



(v) Chinese Style Quorn Noodles (SB.E.G.)

Tuesday



BBQ Chicken Fillet Wrap (G.)

or



(v) Fusilli Pasta in a Rich Tomato Sauce (D.G.)

Everyday choose from:



(v) Jacket Potato with Cheese (D.)

or



(v) Jacket Potato with Cheese and Beans (D.)

Wednesday



Roast Pork or Gammon

or



(v) Vegetarian Toad in the Hole (G.SU.SB.D.E.)

Thursday



Pasta Bolognese (G.) Optional Cheese (D.)

or



(v) Rustic Margherita Pizza (D.G.)

Friday



*Seaside Fish Fillet (F.G.)

or



(v) Vegetable Burrito (D.G.)

Week 1 Dessert Menu

Every day we offer:

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

Monday

(v) Strawberry Swirl Mousse (D.)
(v) Cheddar Cheese, Crackers and Apple Wedge (G.D.)

Tuesday

(v,h) Homemade Iced Mandarin Sponge (G.E.)

Wednesday

(v,h) Homemade Fruit Crumble with Custard (G.D.)
Ice Cream Tub (D.)

Thursday

(v) Creamy Whip with Fruit in Juice (D.)
(v,h) Homemade Ginger Cookie (G.)

Friday

(v) Gluten Free Mini Ring Doughnut (SB.D.E.)

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 in the photographs.

Key

V = vegetarian	G = Gluten/Wheat
D = Dairy	F = Fish
N = Coconut/Nuts	M = Mustard
S = Sesame	SB = Soya
E = Egg	SU = Sulphites



FS 634414



Allergies

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

Meat Free Monday



or



(v) Cheese and Tomato Pizza Wedge (D.G.)

(v) Vegan Country Bake (G.SB.)

Tuesday



or



Organic Beef Grill (G.) in a Bun (G.)

(v) Cheesy Pasta Bake (G.D.)

Wednesday



or



Roast Chicken Joint or Fillet

(v) Vegetable Korma (M.D.E.)

Thursday



or



Organic Beef Chilli – very mild

(v) Veggie Hot Dog (G.S.SB.SU.)

Friday



or



Gluten Free Fish Fingers (F.)

(v) Cheesy Tomato Risotto (D.)

Everyday choose from:



(v) Jacket Potato with Cheese (D.)

or



(v) Jacket Potato with Cheese and Beans (D.)

Week 2 Dessert Menu

Everyday we offer:

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

Monday

(v,h) Homemade Chocolate Cracknel (G.)

Tuesday

Jelly with Fruit
(v) Ice Cream Tub (D.)

Wednesday

(v,h) Homemade Up Beet
Chocolate Cake (G.E.) with Hot Chocolate Sauce (D.)

Thursday

(v,h) Homemade Melting Moment Biscuit (G.)

Friday

(v,h) Favourite Fruit Muffin (G.E.)
(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/Nuts
- S = Sesame
- E = Egg
- G = Gluten/Wheat
- F = Fish
- M = Mustard
- SB = Soya
- SU = Sulphites



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.)

Everyday choose from:



(v) Jacket Potato with Cheese (D.)

or



(v) Jacket Potato with Cheese and Beans (D.)

Week 3 Dessert Menu

Everyday 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 /Nuts
S = Sesame
E = Egg
G = Gluten/Wheat
F = Fish
M = Mustard
SB = Soya
SU = Sulphites

