

Educaterers Lunch Menu Week 3 – w/c Mondays 20/11, 11/12, 22/1/18, 12/2, 5/3, 26/3, 16/4, 7/5.

Monday



Organic Pork Meatballs (G.)

or



(v) Cheddar Cheese and Potato Pie (D,E)

Tuesday



Mild and Creamy Chicken Curry (D.)

or



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

Wednesday



Roast Beef in Gravy

or



(v) Chinese Style Quorn with Noodles (S,E,G)

Thursday



Cheesy BBQ Bacon Pasta (G,D)

or



(v) Rustic Margherita Pizza (D,G)

Friday



Breaded Pollock Fillet (F,SB)

or



(v) Pasta in a Rich Tomato Sauce (D,G)

Everyday choose from:



(v) Jacket Potato with Cheese (D)

or



Jacket Potato with Tuna Mayo (D,E,M,F)

or



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

Week 3 Dessert Menu

Everyday we offer (v) Yeo Valley organic yoghurt, (D) and fresh fruit as alternative options

- Monday
 (v) Homemade Apple Crunch Pudding (G,SU) with Custard (D) or
 (v) Homemade Carrot and Orange Cookie (G.)
- Tuesday
 (v) Homemade Iced Blueberry Muffin (G,D,E)
- Wednesday
 (v) Homemade Shortbread (G.)
- Thursday
 (v) Ice Cream Tub (D.)
- Friday
 (v) (v) Homemade Up Beet Chocolate Cake (G,SB,D,E) with Hot Chocolate Sauce (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.

(v) Please let your school cook know if you require a hot vegetarian meal on a day when one isn't shown.

Key

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

