

Educaterers Lunch Menu Week 3 – w/c 21/3, 25/4, 16/5, 13/6, 4/7.

Meat Free Monday



Cheese and Tomato Pizza D.G.



(v) Sweet and Sour Quorn G.E.



(v) Cheese/Beans D.



(v) Cheddar Cheese G.D.

Jacket Potatoes Every Day

Tuesday



Brunch: Sausage G.SU. Omelette D.E.



(v) Cheesy Tomato Pasta G.D.

or



(v) Cheese D.



British Roast Chicken G.

Wednesday



Roast Pork, Apple Sauce



(vg) Quorn Roast G. Apple Sauce

or



Tuna Mayonnaise F.E.



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Thursday



Beef Grill G. in a Bun G.



(vg) Plant Power Burger in a Bun G.



British Ham G.

Friday



Breaded Fish Fillet F.



(v) Roasted Vegetable Tart G.D.E.



(v) Cheddar Cheese G.D.

Week 3 Dessert Menu

Every day we offer:

(v) Yoghurt, (D.)
or fresh fruit as alternative dessert options

Monday

(v) Chocolate Mousse with Fruit D.
(vg) Homemade Cherry Cookie G.SU.

Tuesday

(v) American Pancake with Fruit Toppings
G.E.D. *If served with lemon juice contains SU*

Wednesday

(v) Homemade Chocolate Orange Brownie G.E.
with Hot Chocolate Sauce D.

Thursday

(v) Ice Cream Tub D.
(vg) Homemade Ginger Cookie G.

Friday

(v) Homemade Sticky Toffee Cake G.E.D.SB.

All our meals include a carbohydrate accompaniment, seasonal vegetables and/or salad. We offer a choice of fruit juice cordial, semi skimmed milk or water to drink. Some schools offer a Hydration Station instead, comprising of unlimited chilled water flavoured with fresh fruit.

Accompaniments may vary to those shown.

PLEASE NOTE some schools serve the cold option in a deli bag with vegetable sticks or salad, a dessert and a drink

Key

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

