

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

Meat Free Monday



or



Cheese and Tomato Pizza D.G. (v) **Sweet and Sour Quorn G.E.**

Tuesday

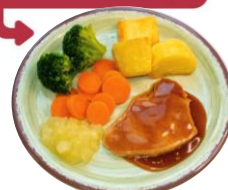


or



Brunch: Sausage G.SU. Omelette D.E. (v) **Cheesy Tomato Pasta G.D.**

Wednesday



or



Roast Pork, Apple Sauce

(vg) **Quorn Roast G. Apple Sauce**

Thursday



or



Beef Grill G. in a Bun G.

(vg) **Plant Power Burger in a Bun G.**

Friday



or



Breaded Fish Fillet F. (v) **Jacket Potato with Cheddar Cheese**

or



(v) **Cheddar Cheese G.D.**

or



British Roast Chicken G.

or



Tuna Mayonnaise F.E.

or



British Ham G.

or



(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.

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.

Thursday

(vg) Homemade Ginger Cookie G.

Friday

(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, 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

