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12th January 2018

Dear Parent/Carer

Please note the menu for next week has changed as follows:

Swanland School Meals Set Menu (incl. Vegetarian option)
15th January to 19th January 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Roast Chicken & Stuffing	Fillet of Fish	Chicken Wrap	Sausage & Yorkshire Pudding	Roast Ham & Yorkshire Pudding
Vegetarian	Quorn Roast	Jacket Potato with Cheese	Cheese Pasta Bake	Quorn Sausage	Vegetarian - Quorn Roast
Carbohydrates	Creamed Potatoes	Chips	Rice	Chips	Creamed Potatoes
Vegetables/ Salad	Carrots/Broccoli	Mushy Peas/Baked Beans	Mixed Veg/Sweetcorn	Peas/Sweetcorn	Carrots/Cauliflower Cheese
Desserts	Strawberry Mousse	Iced Cornflake Special & Custard	Sponge & Custard	Chocolate Crunch & Custard	Muffin

Salad Bar

As an alternative to the hot meal, there is a salad bar every day which typically includes: ham, turkey, cheese, egg, tuna, lettuce, tomato, cucumber, sweetcorn, pineapple, pepper, cress, celery, apple, sultanas, beetroot.

Fresh Fruit Salad or a Yoghurt is also available as an alternative to the Dessert menu.

Children are offered a drink of either fruit juice or milk with their meal.

Please be aware that these dishes may contain traces of nut or nut derivatives.

It may be necessary to change the menu without prior notice.

Thank you for your continued support, now and into the future.

Chris Huscroft
Executive Head Teacher

Hannah Stephenson
Head of School