

Swanland School Meals Set Menu (incl Vegetarian Option)

8th September 2020 - 12th February 2021

A copy of these menus can be found on the school website: www.swanlandschool.co.uk

Set Menu 1 - Weeks commencing		08/09/2020, 28/09/2020, 19/10/2020, 16/11/2020, 07/12/2020, 11/01/2021, 01/02/2021				
	Monday	Tuesday	Wednesday	Thursday	Friday	
Main Course	Sausage & Yorkshire Pudding	Roast Chicken & Stuffing	BBQ Chicken	Roast Gammon	Fish Fingers	
Vegetarian	Quorn Sausage	Quorn Roast Fillet	Vegetarian Nuggets	Pasta Neapolitan	Vegetarian Meatballs	
Carbohydrates	Creamed Potatoes	Creamed Potatoes	Rice	Roast Potatoes	Chips	
Vegetables/ Salad	Sweetcorn/Peas	Carrots/Broccoli	Green Beans/Sweetcorn	Carrots/Cauliflower	Baked Beans/Mushy Peas	
Desserts	Frosted Chocolate Cake	Apple Crumble & Custard	Melting Moment	Ice Cream & Mandarins	Banana Muffin	

Set Menu 2 - Weeks commencing		14/09/2020, 05/10/2020, 02/11/2020, 23/11/2020, 14/12/2020, 18/01/2021, 08/02/2021				
	Monday	Tuesday	Wednesday	Thursday	Friday	
Main Course	Margherita Pizza	Roast Chicken & Stuffing	Italian Chicken	Roast Beef & Yorkshire Pudding	Fish Fillet	
Vegetarian	Margherita Pizza	Quorn Roast Fillet	Cheese & Tomato Pasta Bake	Vegetarian Sausage	Vegetarian Nuggets	
Carbohydrates	Chips	Creamed Potatoes	Pasta	Roast Potatoes	Chips	
Vegetables/ Salad	Sweetcorn/Peas	Carrots/Broccoli	Sweetcorn/Green Beans	Carrots/Cauliflower	Peas/Baked Beans	
Desserts	Orange Iced Sponge & Custard	Chocolate Crunch & Custard	Cornflake Special & Mandarins	Strawberry Mousse Whip & Peaches	Chocolate Cookie & Milkshake	

Set Menu 3 - Weeks commencing		21/09/2020, 12/10/2020, 09/11/2020, 30/11/2020, 05/01/2021, 25/01/2021				
	Monday	Tuesday	Wednesday	Thursday	Friday	
Main Course	Pork Meatballs & Tomato Sauce	Roast Chicken & Stuffing	Chicken Korma & Naan Bread	Roast Beef & Yorkshire Pudding	Fish Bites	
Vegetarian	Vegetarian Meatballs	Quorn Roast Fillet	Vegetable Curry	Quorn Sausage	Vegetarian Nuggets	
Carbohydrates	Rice	Creamed Potatoes	Rice	Roast Potatoes	Chips	
Vegetables/ Salad	Sweetcorn/Green Beans	Broccoli/Carrots	Sweetcorn/Mixed Veg	Carrots/Cauliflower	Peas/Baked Beans	
Desserts	Sultana Shortcake & Custard	Chocolate Oat Delight & Custard & Mandarins	Chocolate Krispie with Fruit Salad	Frozen Yoghurt & Pears	Iced Chocolate Orange Sponge & Custard	

Jacket Potatoes

As an alternative to the main hot meal, there is a Jacket Potato option every day with a choice of filling of either Cheese, Beans or Tuna.

Alongside the Jacket Potato fillings there is an option of choosing the Veg of the Day with this meal.

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.