

# Swanland School Meals Set Menu (incl Vegetarian Option)

## 3rd September 2019 - 14th February 2020

A copy of these menus can be found on the school website : [www.swanlandschool.co.uk](http://www.swanlandschool.co.uk)

Set Menu 1 - Weeks commencing		02/09/2019, 23/09/2019, 14/10/2019, 11/11/2019, 02/12/2019, 06/01/2020, 27/01/2020				
	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Main Course</b>	Sausage & Yorkshire Pudding	Roast Chicken & Stuffing	Spaghetti Bolognese	Roast Gammon	Fish Nibbles	
<b>Vegetarian</b>	Vegetarian Sausage	Quorn Roast Fillet	Vegetarian Bolognese	Cheese Pasta Bake	Vegetarian Nibbles	
<b>Carbohydrates</b>	Creamed Potatoes	Creamed Potatoes	Crusty Bread	Roast Potatoes	Chips	
<b>Vegetables/Salad</b>	Sweetcorn/Peas	Carrots/Broccoli	Green Beans/Sweetcorn	Carrots/Cauliflower	Garden Peas/Baked Beans	
<b>Desserts</b>	Sultana Shortcake & Custard	Iced Cookie & Milk Shake	Chocolate Krispie Slice & Mandarins	Mousse & Fruit Salad	Iced Sponge & Custard	

Set Menu 2 - Weeks commencing		09/09/2019, 30/09/2019, 21/10/2019, 18/11/2019, 09/12/2019, 13/01/2020, 03/02/2020				
	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Main Course</b>	Margherita Pizza	Roast Chicken & Stuffing	BBQ Chicken	Roast Beef & Yorkshire Pudding	Fish Fingers	
<b>Vegetarian</b>	Margherita Pizza	Quorn Roast Fillet	Pasta Neopolitan	Vegetarian Sausage	Vegetarian Nuggets	
<b>Carbohydrates</b>	Chips	Creamed Potatoes	Rice	Roast Potatoes	Chips	
<b>Vegetables/Salad</b>	Baked Beans/Peas	Carrots/Broccoli	Sweetcorn/Peas	Carrots/Cauliflower	Mushy Peas/Baked Beans	
<b>Desserts</b>	Frosted Chocolate Cake & Custard	Apple Crisp & Custard	Melting Moments	Arctic Roll & Peaches	Orange Sponge & Custard & Mandarins	

Set Menu 3 - Weeks commencing		16/09/2019, 07/10/2019, 04/11/2019, 25/11/2019, 16/12/2019, 20/01/2020, 10/02/2020				
	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Main Course</b>	Italian Chicken Fillet	Roast Chicken & Stuffing	Pork Meatballs	Roast Beef & Yorkshire Pudding	Fillet of Fish	
<b>Vegetarian</b>	Jacket Potato & Cheese	Quorn Roast Fillet	Vegetarian Meatballs	Vegetarian Sausage	Vegetarian Nuggets	
<b>Carbohydrates</b>	Pasta	Creamed Potatoes	Rice	Roast Potatoes	Chips	
<b>Vegetables/Salad</b>	Sweetcorn/Peas	Broccoli/Carrots	Sweetcorn/Green Beans	Carrots/Cauliflower	Peas/Baked Beans	
<b>Desserts</b>	Jam Sponge & Custard	Chocolate Crunch & Custard	Fruit Cheesecake	Chocolate Sponge & Custard & Pear	Frozen Yoghurt & Fruit	

### 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.