

Swanland School Meals Set Menu (inc Vegetarian Option)

8th September 2021 –18th February 2022

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

Set Menu 1 - Weeks commencing		06/09//2021, 27/09//2021, 18/10/2021, 15/11/2021, 06/12/2021, 03/01/2022, 24/02/2022; 14/02/202				
	Monday	Tuesday	Wednesday	Thursday	Friday	
Main Course	Margherita Pizza	Roast Chicken & Stuffing	Sweer & Sour Chicken	Roast Beef & Yorkshire Pudding	Salmon Fishcake	
Vegetarian	Margherita Pizza	Quorn Roast Fillet	Sweet & Sour Quorn	Quorn Sausage	Veggie Burger	
Carbohydrates	Chips	Mashed Potatoes	Rice	New Potatoes	Chips	
Vegetables/ Salad	Sweetcorn/Peas	Carrots/Broccoli	Sweetcorn/Green Beans	Carrots/Cauliflower	Baked Beans/Garden Peas	
Desserts	Chocolate Orange Sponge	Iced Cornflake Special	Madeline Sponge & Custard	Arctic Roll & Peaches	Oaty Biscuit & Pears	

Set Menu 2 - Weeks commencing		13/09/2021, 04/10/2021, 01/11/2021, 22/11/2021, 13/12/2021, 10/01/2022, 31/01/2022				
	Monday	Tuesday	Wednesday	Thursday	Friday	
Main Course	Sausage	Roast Chicken & Stuffing	Pork Meatballs & Wrap with Tomato Sauce	Roast Beef & Yorkshire Pudding	Jumbo Fish Finger	
Vegetarian	Quorn Sausage	Quorn Roast Fillet	Quorn Meatballs	Quorn Sausage	Veggie Burger	
Carbohydrates	Mashed Potatoes	Mashed Potatoes	Rice	New Potatoes	Chips	
Vegetables/ Salad	Sweetcorn/Garden Peas	Carrots/Broccoli	Sweetcorn/Mixed Veg	Carrots/Cauliflower	Mushy Peas/Baked Beans	
Desserts	Toffee Apple Crumble & Custard	Chocolate Sponge	Chocolate Crunch & Custard	Cheesecake & Peaches	Banana Muffin & Milkshake	

Set Menu 3 - Weeks commencing		20/09/2021, 11/10/2021, 08/11/2021, 29/11/2021, 20/12//2021, 17/01/2022, 07/02/2022				
	Monday	Tuesday	Wednesday	Thursday	Friday	
Main Course	BBQ Chicken Wrap	Roast Chicken & Stuffing	Italian Chicken	Roast Gammon	Fish Fillet	
Vegetarian	Quorn Meatballs	Quorn Roast Fillet	Cheese & Tomato Pasta	Veggie Burger	Quorn Sausage	
Carbohydrates	Rice	Mashed Potatoes	Pasta	Roast Potatoes	Chips	
Vegetables/ Salad	Sweetcorn/Garden Peas	Broccoli/Carrots	Sweetcorn/Mixed Veg	Carrots/Cauliflower	Garden Peas/Baked Beans	
Desserts	Frosted Chocolate Cake	Sultana Shortcake & Custard	Chocolate Krispie	Frozen Yoghurt & Mandarins	Melting Moment & Pears	

Salad Bar and Jacket Potatoes

The Salad Bar is currently under review.

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.