

# Swanland School Meals Set Menu (incl. Vegetarian option)

## 4th September- 15th February 2019

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

Set Menu 1 - Weeks commencing 03/09/2018, 24/09/2018, 15/10/2018, 12/11/2018, 03/12/2018, 08/01/2019, 28/01/2019					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b>	Italian Style Chicken	Roast Chicken & Stuffing	Classic Lasagne	Roast Pork Loin & Yorkshire Pudding	Fillet of Fish
<b>Vegetarian</b>	Quorn Fillet	Quorn Fillet	Vegetarian Lasagne	Quorn Fillet	Vegetarian Nuggets
<b>Carbohydrates</b>	Rice	Creamed Potatoes	Garlic Bread	Roast Potatoes	Chips
<b>Vegetables/Salad</b>	Sweetcorn/Peas	Carrots/Green Beans	Sweetcorn/Peas	Carrots/Broccoli	Mixed Veg/Baked Beans
<b>Desserts</b>	Fruit Muffin	Chocolate Cookie & Milkshake	Iced Sponge & Custard	Strawberry Mousse	Winter Berry Crumble & Ice Cream

Set Menu 2 - Weeks commencing 10/09/2018, 01/10/2018, 22/10/2018, 19/11/2018, 10/12/2018, 14/02/2019, 04/02/2019					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b>	Margherita Pizza	Roast Chicken & Stuffing	Chicken Wrap	Roast Ham & Yorkshire Pudding	Fishcake
<b>Vegetarian</b>	Margherita Pizza	Quorn Fillet	Jacket Potato with Cheese & Coleslaw	Quorn Fillet	Cheese Pasta Bake
<b>Carbohydrates</b>	Roast Potatoes	Creamed Potatoes	Rice	Creamed Potatoes	Chips
<b>Vegetables/Salad</b>	Peas/Beans	Carrots/Broccoli	Sweetcorn/Peas	Carrots/Cauliflower	Peas/Sweetcorn
<b>Desserts</b>	Marble Sponge & Custard	Chocolate Krispie Slice	Orange Shortcake & Custard	Jelly & Ice Cream	Apple Flapjack & Custard

Set Menu 3 - Weeks commencing 17/09/2018, 08/10/2018, 05/11/2018, 26/11/2018, 17/12/2018, 21/01/2019, 11/02/2019					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b>	Sausage & Yorkshire Pudding	Roast Chicken & Stuffing	Bolognese Pasta Bake	Roast Beef & Yorkshire Pudding	Fish Fingers
<b>Vegetarian</b>	Quorn Sausage	Quorn Fillet	Pasta Napolitan	Vegetarian Mince	Vegetarian Nuggets
<b>Carbohydrates</b>	Creamed Potatoes	Creamed Potatoes	Crusty Bread	Roast Potatoes	Chips
<b>Vegetables/Salad</b>	Sweetcorn/Green Beans	Broccoli/Carrots	Sweetcorn/Peas	Carrots/Cauliflower	Peas/Baked Beans
<b>Desserts</b>	Chocolate Mousse & Mandarins	Oaty Biscuit & Milkshake	Eve's Pudding & Custard	Syrup Sponge & Custard	Chocolate Crunch & Pink Custard

### 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.