

Swanland School Meals Set Menu (incl. Vegetarian option)

25th February- 19th July 2019

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

Set Menu 1 - Weeks commencing		25/02/19, 18/03/19, 22/04/19, 13/05/19, 10/06/19, 01/07/19				
	Monday	Tuesday	Wednesday	Thursday	Friday	
Main Course	Margherita Pizza	Roast Chicken & Stuffing	Burger in a Bun	Roast Beef & Yorkshire Pudding	Fish Fingers	
Vegetarian	Margherita Pizza	Quorn Fillet	Vegetarian Quorn Burger	Quorn Mince	Vegetarian Nuggets	
Carbohydrates	Chips	Creamed Potatoes	Potato Wedges	Creamed Potatoes	Chips	
Vegetables/Salad	Sweetcorn/Peas	Carrots/Broccoli	Beans/Peas	Carrots/Cauliflower	Baked Beans/Mushy Peas	
Desserts	Chocolate Crunch & Pink Custard	Oat Biscuits & Apple Slices	Iced Sponge & Custard	Raspberry Ripple	Sultana Shortcake & Custard	

Set Menu 2 - Weeks commencing		04/03/19, 25/03/19, 29/04/19, 20/05/19, 17/06/19, 08/07/19				
	Monday	Tuesday	Wednesday	Thursday	Friday	
Main Course	Sausage & Yorkshire Pudding	Roast Chicken & Stuffing	Spaghetti Bolognese	Roast Ham & Yorkshire Pudding	Fish	
Vegetarian	Vegetarian Quorn Sausage	Quorn Roast	Vegetarian Bolognese	Vegetarian Pasta Napolitan	Jacket Potato with Cheese Beans	
Carbohydrates	Creamed Potatoes	Creamed Potatoes	Garlic Bread	Roast Potatoes	Chips	
Vegetables/Salad	Sweetcorn/Green Beans	Carrots/Broccoli	Sweetcorn/Peas	Carrots/Cauliflower	Baked Beans/Mixed Veg	
Desserts	Fruit Flapjack & Custard	Chocolate Crackle	Melting Moments	Wellington Fudge & Custard	Frozen Yoghurt & Fruit	

Set Menu 3 - Weeks commencing		11/03/19, 01/04/19, 06/05/19, 03/06/19, 24/06/19, 15/07/19				
	Monday	Tuesday	Wednesday	Thursday	Friday	
Main Course	Meatball Wrap	Roast Chicken & Stuffing	Chicken Korma	Roast Beef & Yorkshire Pudding	Fish Bites	
Vegetarian	Vegetarian Meatballs	Quorn Roast	Vegetarian Korma	Macaroni Cheese	Vegetarian Nuggets	
Carbohydrates	Pasta	Creamed Potatoes	Rice	Roast Potatoes	Chips	
Vegetables/Salad	Sweetcorn/Peas	Broccoli/Carrots	Sweetcorn/Green Beans	Carrots/Cauliflower	Peas/Baked Beans	
Desserts	Chocolate Oat Delight & Custard	Summer Cup Cake	Peach Melba	Frosted Chocolate Cake	Summer Fruit Crumble & 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.