

Educaterers Lunch Menu Week 3
Commencing Mondays 4/6, 25/6, 16/7, 17/9, 8/10, 5/11.

Monday



Organic Beef Grill (G.) in a Bun (S.G.)

or



(v) Vegetable Risotto Bake (G.D.)

Tuesday



Bacon Medallion and Pork Sausage (G.SU.)

or



(v) Cheesy Pasta (G.D.)

Wednesday



Roast Chicken Joint or Fillet

or



(v) Vegetarian Chilli (very mild) (G.SB.)

Thursday



Spaghetti Bolognese (D.G.)

or



(v) Rustic Margherita Pizza (D.G.)

Friday



Fish Fingers (F.)

or



(v) Veggie Hot Dog (G.S.SB.SU.)

Week 3 Dessert Menu

Every day we offer:
(v) Yeo Valley organic yoghurt, (D.) or fresh fruit as alternative dessert options

Monday
(v) Ice Cream Tub (D.)

Tuesday
(v) Homemade Eve's Pudding with Custard (G.D.E.)

Wednesday
(v) Homemade Shortbread (G.)

Thursday
Strawberry Mousse with Jelly and Fruit (D)

Friday
(v) Homemade Up Beet Chocolate Cake (G.SB.E.)

All our meals include a carbohydrate accompaniment, seasonal vegetables and/or salad. We offer a choice of fruit juice cordial, organic semi skimmed milk and water to drink.

Accompaniments may vary to those shown.

(v) Please let your school cook know if you require a hot vegetarian meal on a day when one isn't shown.

Key

V = vegetarian	G = Gluten/Wheat
D = Dairy	F = Fish
N = Coconut	M = Mustard
S = Sesame	SB = Soya
E = Egg	SU = Sulphites

Allergies
Please contact your school cook for information regarding the content of dishes and products on our menu.

