

Educaterers Lunch Menu Week 2

Coventry and Warwickshire: 12/9, 3/10, 14/11, 5/12, 16/1, 6/2, 27/2.
Leicestershire: 12/9, 3/10, 24/10, 14/11, 5/12, 16/1, 6/2, 27/2.
Oxfordshire: 12/9, 3/10, 14/11, 5/12, 16/1, 6/2, 27/2.

Meat Free Monday



(h) Tuna Pasta Bake F.G.D.

or



(v) Veggie Toad in the Hole D.E.G.



or



(v) Cheddar Cheese G.D.

Tuesday



Beef Grill G. in a Bun G.

or



(vg) Plant Power Burger in a Bun G.

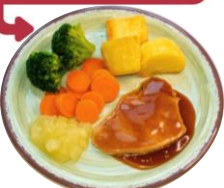


or



British Roast Chicken G.

Wednesday



Roast Pork, Apple Sauce

or



(vg) Quorn Roast G. Apple Sauce



or



Tuna Mayonnaise F.E.G.

Thursday



Chicken Pie G.D

or



(v) Cheese and Onion Pasty D.G.M.



or



British Ham G.

Friday



Breaded Fish Fillet F.

or



(v) Jacket with Cheddar Cheese D.



or



(v) Cheddar Cheese G.D.

Week 2 Dessert Menu

Every day we offer:

(v) Yoghurt, (D.)
or fresh fruit as alternative dessert options

Monday

(vg) Homemade Flapjack with Fruit Wedges G.

Tuesday

(v) Ice Cream Tub D.
(vg) Homemade Chocolate Oatcake G.

Wednesday

(v) Ice Cream Tub D.

Thursday

(vg) Homemade Crispy Cornflake Cookie G.E.

Friday

(v) Dinky Doughnuts with Chocolate Sauce D.G.SB.E.
(v) Ice Cream Tub D.

All our meals include a carbohydrate accompaniment, seasonal vegetables and/or salad. We offer a choice of fruit juice cordial, semi skimmed milk or water to drink. Some schools offer a Hydration Station instead, comprising of unlimited chilled water flavoured with fresh fruit.

Accompaniments may vary to those shown.

PLEASE NOTE some schools serve the cold option in a deli bag with vegetable sticks or salad, a dessert and a drink

Key

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

