

Educaterers Lunch Menu Week 3

Coventry and Warwickshire: 19/9, 10/10, 31/10, 21/11, 12/12, 2/1/23, 23/1, 13/2, 6/3.
Leicestershire: 29/8, 19/9, 10/10, 31/10, 21/11, 12/12, 2/1/23, 23/1, 13/2, 6/3.
Oxfordshire: 19/9, 10/10, 31/10, 21/11, 12/12, 2/1/23, 23/1, 6/3.

Meat Free Monday



or



or



Cheese and Tomato Pizza D.G.

(v) Veg Korma M.D.E.

(v) Cheddar Cheese G.D.

Tuesday



or



or



Pork Sausages G.SU.

(vg) Chinese Style Plant Based "Meat" balls
Noodles contain Gluten

British Roast Chicken G.

Wednesday



or



or



Roast Beef in Gravy, York Pud D.E.G

(vg) Quorn Roast G.
(v)Yorkshire Pudding D.E.G

Tuna Mayonnaise F.E.G

Thursday



or



or



Chicken Fajita Wrap G.

(v) Mac 'n' Cheese G.D.

British Ham G.

Friday



or



or



Breaded Fish Fillet Fingers F.

(vg) Breaded Vegetable Fingers G.

Egg Mayonnaise G.E.

Week 3 Dessert Menu

Every day we offer:

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

Monday

(vg) Homemade Chocolate Cracknel

Tuesday

(v) Chocolate or Strawberry Swirl Mousse D.
(vg) Homemade Fruity Flapjack G.

Wednesday

(v) Homemade Iced Sponge
with Sprinkles G.E.

Thursday

Jelly with Fruit
(vg) Homemade Carrot and
Orange Cookie G.

Friday

(v) Cheddar Cheese, Crackers and Apple
Slices G.D
(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
V = vegetarian
D = Dairy
N = Coconut/Nuts
S = Sesame
E = Egg
G = Gluten/wheat
F = Fish
M = Mustard
SB = Soya
SU = Sulphites

Allergies

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