

Swanland School Meals Set Menu (inc. Vegetarian Option)

6th September 2023 – 9th February 2024

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

Set Menu 1 - Weeks commencing		04/09/23, 25/09/23, 16/10/23, 13/11/23, 04/12/23, 08/01/23, 29/01/23				
	Monday	Tuesday	Wednesday	Thursday	Friday	
Main Course	Chicken Goujons with Sweet & Sour Dipping Sauce	Roast Chicken & Stuffing	Cheese & Tomato Pasta	Roast Beef & Yorkshire Pudding	Fishwich	
Vegetarian	Quorn Nuggets	Quorn Fillet	Cheese & Tomato Pasta	Quorn Sausage	Vegetable Fingers	
Carbohydrates	Rice	Mashed Potatoes	Crusty Roll	New Potatoes	Chips	
Vegetables/ Salad	Sweetcorn/ Garden Peas	Carrots/ Broccoli	Sweetcorn/ Mixed Veg	Carrots/ Cauliflower	Baked Beans/ Garden Peas	
Desserts	Chocolate Sponge & Custard	Waffles with Fruit & Cream	Chocolate Crunch & Custard	Icecream Roll & Mandarins	Lemon Drizzle Muffin	

Set Menu 2 - Weeks commencing		11/09/23, 02/10/23, 23/10/23, 20/11/23, 11/12/23, 15/01/23, 05/02/23				
	Monday	Tuesday	Wednesday	Thursday	Friday	
Main Course	Margherita Pizza	Roast Chicken & Stuffing	Beef Meatballs & Wrap	Roast Beef & Yorkshire Pudding	Salmon Nuggets	
Vegetarian	Margherita Pizza	Quorn Fillet	Quorn Veggie Balls	Quorn Sausage	Vegetable Nuggets	
Carbohydrates	Wedges	Mashed Potatoes	Rice	New Potatoes	Garden Peas/ Baked Beans	
Vegetables/ Salad	Sweetcorn/ Garden Peas	Broccoli/ Carrots	Sweetcorn/ Green Beans	Carrots/ Cauliflower	Chips	
Desserts	Chocolate Oat Delight & Custard	Chocolate Brownie	Jam Sponge & Custard	Frozen Yoghurt & Peaches	Viennese Biscuit & Mandarins	

Set Menu 3 - Weeks commencing		18/09/23, 09/10/23, 06/11/23, 27/11/23, 18/12/23, 22/01/23				
	Monday	Tuesday	Wednesday	Thursday	Friday	
Main Course	Pork Sausage & Gravy	Roast Chicken & Stuffing	Pasta Bolognese	Roast Gammon	Jumbo Fish Finger	
Vegetarian	Quorn Sausage	Quorn Fillet	Quorn Bolognese	Quorn Nuggets	Fishless Fingers	
Carbohydrates	Mashed Potatoes	New Potatoes	Crusty Roll	Roast Potatoes	Chips	
Vegetables/ Salad	Sweetcorn/ Garden Peas	Carrots/ Broccoli	Sweetcorn/ Mixed Veg	Carrots/ Cauliflower	Baked Beans/ Garden Peas	
Desserts	Oaty Fruit Crunch & Custard	Chocolate Crackle & Mandarins	Shortbread & Custard	Orange Jelly, Cream & Pears	Chocolate Cookie & Milkshake	

Salad Bar and Jacket Potatoes

- As an alternative to the main hot meal, there is a Jacket Potato option every day with a choice of filling of either Cheese, Beans or Tuna. Alongside the Jacket Potato fillings there is an option of choosing the Veg of the Day with this meal.
- There is also an option for a Salad Bar which typically includes ham, turkey, cheese, egg, tuna, lettuce, tomato, cucumber, sweetcorn, pineapple, pepper, apple, sultanas.
- 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.

IT MAY BE NECESSARY TO CHANGE THE MENU WITHOUT PRIOR NOTICE.