

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 2 - Weeks commencing 23/10/23					
	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Margherita Pizza	Roast Chicken & Stuffing	Beef Meatballs & Wrap	Salmon Nuggets	-
Vegetarian	Margherita Pizza	Quorn Fillet	Quorn Veggie Balls	Vegetable Nuggets	-
Carbohydrates	Wedges	Mashed Potatoes	Rice	Garden Peas/ Baked Beans	-
Vegetables/ Salad	Sweetcorn/ Garden Peas	Broccoli/ Carrots	Sweetcorn/ Green Beans	Chips	-
Desserts	Chocolate Oat Delight & Custard	Chocolate Brownie	Jam Sponge & Custard	Frozen Yoghurt & Peaches	-

Set Menu 3 - Weeks commencing 06/11/23					
	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Hot Dog	Roast Chicken & Stuffing	Pasta Bolognese	Roast Gammon	Jumbo Fish Finger
Vegetarian	Quorn Sausage	Quorn Fillet	Quorn Bolognese	Quorn Nuggets	Fishless Fingers
Carbohydrates	Wedges	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.