

Swanland School Meals Set Menu (inc. Vegetarian Option)

19th February 2024 – 19th July 2024

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

Set Menu 3 - Weeks commencing 04/03/24					
	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Cheesy Beef Pasta Bake	Roast Beef & Yorkshire Pudding	BBQ Chicken in a Wrap	Mr Fox's Roast Chicken & Stuffing	Fish Square
Vegetarian	Tomato Pasta Bake	Quorn Sausage	Quorn Nuggets	Quorn Fillet	Vegetable Burger
Carbohydrates	Crusty Roll	Roast Potatoes	Rice	Mrs Twit's Mashed Potatoes	Chips
Vegetables/ Salad	Sweetcorn/ Garden Peas	Carrots/ Cauliflower	Sweetcorn/ Green Beans	Peter Rabbit's Carrots & Mr McGregor's Broccoli	Baked Beans/ Garden Peas
Desserts	Chocolate Sponge & Custard	Artic Roll & Mandarins	Iced Cornflake Special	King Flapjack's Apple Pudding & Cream	Jam Bun & Strawberry 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.