

Swanland School Meals Set Menu (inc. Vegetarian Option)

4th September 2024 – 24th October 2024

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

Set Menu 1 - Weeks commencing		02/09/24, 23/09/24, 14/10/24			
	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Margherita Pizza	Roast Chicken & Stuffing	Pork Meatballs & Tomato Sauce in a Wrap	Roast Beef & Yorkshire Pudding	Fish Fingers
Vegetarian	Margherita Pizza	Quorn Fillet	Quorn No Meat Balls	Quorn Sausage	Ocean Friendly Fingers
Carbohydrates	Wedges	Mashed Potatoes	Rice	New Potatoes	Chips
Vegetables/ Salad	Sweetcorn/ Garden Peas	Carrots/ Broccoli	Sweetcorn/ Mixed Veg	Carrots/ Cauliflower	Baked Beans/ Garden Peas
Desserts	Shortcake & Custard	Frosted Chocolate Cake & Mandarins	Fruit Crunch & Cream	Strawberry Jelly & Fruit	Melting Moment

Set Menu 2 - Weeks commencing		09/09/24, 30/09/24, 21/10/24			
	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Chicken Goujons	Roast Chicken & Stuffing	Beef Bolognaise	Roast Beef & Yorkshire Pudding	Fish Fillet
Vegetarian	Quorn Nuggets	Quorn Fillet	Quorn Bolognaise	Quorn Sausage	Vegetable Fingers
Carbohydrates	Rice	Mashed Potatoes	Crusty Roll	New Potatoes	Chips
Vegetables/ Salad	Sweetcorn/ Garden Peas	Broccoli/ Carrots	Sweetcorn/ Mixed Veg	Carrots/ Cauliflower	Baked Beans/ Garden Peas
Desserts	Iced Sponge & Custard	Waffle with Fruit & Cream	Chocolate Crunch	Strawberry Mousse & Peaches	Raspberry Muffin

Set Menu 3 - Weeks commencing		16/09/24, 07/10/24			
	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Cheesy Beef Pasta Bake	Roast Chicken & Stuffing	BBQ Chicken in a Wrap	Roast Beef & Yorkshire Pudding	Fish Square
Vegetarian	Tomato Pasta Bake	Quorn Fillet	Quorn Nuggets	Quorn Sausage	Vegetable Burger
Carbohydrates	Crusty Roll	Mashed Potatoes	Rice	Roast Potatoes	Chips
Vegetables/ Salad	Sweetcorn/ Garden Peas	Carrots/ Broccoli	Sweetcorn/ Green Beans	Carrots/ Cauliflower	Baked Beans/ Garden Peas
Desserts	Chocolate Sponge	Apple Flapjack & Cream	Iced Cornflake Special & Custard	Artic Roll & Mandarins	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, sweetcom, 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.