

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

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.