

Swanland School Meals Set Menu (inc. Vegetarian Option)

4th November 2024 – 14th February 2025

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

Set Menu 1 - Weeks commencing		04/11/24, 25/11/24, 16/12/24, 20/01/25, 10/02/25			
	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Chicken Goujons	Roast Chicken & Stuffing	Beef Bolognaise	Roast Beef & Yorkshire Pudding	Fish Square
Vegetarian	Quorn Nuggets	Quorn Fillet	Quorn Bolognaise	Quorn Sausage	Crispy Nugget Dippers
Carbohydrates	Rice	Mashed Potatoes	Pasta & Crusty Roll	New Potatoes	Chips
Vegetables/ Salad	Sweetcorn/ Garden Peas	Carrots/ Broccoli	Sweetcorn/ Mixed Veg	Carrots/ Cauliflower	Baked Beans/ Garden Peas
Desserts	Eves Pudding & Custard	Lemon Drizzle	Chocolate Oat Delight	Frozen Yogurt & Peaches	Sticky Toffee Muffin

Set Menu 2 - Weeks commencing		11/11/24, 02/12/24, 06/01/25, 27/01/25			
	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Chicken & Pasta in Tomato Sauce	Roast Chicken & Stuffing	Pork Meatballs, Tomato Sauce & Wrap	Roast Gammon	Fish Finger Wrap
Vegetarian	Cheese & Tomato Pasta	Quorn Fillet	Quorn No Meatballs	Quorn Sausage	Ocean Friendly Fingers
Carbohydrates	Crusty Roll & Pasta	Mashed Potatoes	Rice	Roast Potatoes	Chips
Vegetables/ Salad	Sweetcorn/ Garden Peas	Broccoli/ Carrots	Sweetcorn/ Mixed Veg	Carrots/ Cauliflower	Baked Beans/ Garden Peas
Desserts	St Clements Shortcake	Frosted Chocolate Cake	Orange Sponge & Custard	Chocolate Mousse & Mandarins	Oaty Biscuit

Set Menu 3 - Weeks commencing		18/11/24, 09/12/24, 13/01/25, 03/02/25			
	Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	Margherita Pizza	Roast Chicken & Stuffing	Chicken Korma & Naan	Pork Sausage & Gravy	Fish Fillet
Vegetarian	Margherita Pizza	Quorn Fillet	Quorn Korma	Quorn Sausage	Crispy Rainbow Fingers
Carbohydrates	Wedges	New Potatoes	Rice	Mashed Potatoes	Chips
Vegetables/ Salad	Sweetcorn/ Garden Peas	Carrots/ Broccoli	Sweetcorn/ Green Beans	Carrots/ Cauliflower	Baked Beans/ Garden Peas
Desserts	Madeline Sponge & Custard	Toffee Apple Crumble & Cream	Chocolate Crunch & Mandarins	Ice-cream Roll	Chocolate Cookie

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.