

# Swanland School Meals Set Menu (inc. Vegetarian Option)

## 4<sup>th</sup> November 2024 – 3<sup>rd</sup> April 2025

A copy of these menus can be found on the school website: [www.swanlandschool.co.uk](http://www.swanlandschool.co.uk)

Set Menu 2 - Weeks commencing		11/11/24, 02/12/24, 06/01/25, 27/01/25, <b>24/02/25</b> , 17/03/25			
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b>	Chicken & Pasta in Tomato Sauce	Pork Meatballs, Tomato Sauce & Wrap	Roast Chicken & Stuffing	Roast Gammon	Fish Finger Wrap
<b>Vegetarian</b>	Cheese & Tomato Pasta	Quorn No Meatballs	Quorn Fillet	Quorn Sausage	Ocean Friendly Fingers
<b>Carbohydrates</b>	Crusty Roll & Pasta	Rice	Mashed Potatoes	Roast Potatoes	Chips
<b>Vegetables/ Salad</b>	Sweetcorn/ Garden Peas	Sweetcorn/ Mixed Veg	Broccoli/ Carrots	Carrots/ Cauliflower	Baked Beans/ Garden Peas
<b>Desserts</b>	St Clements Shortcake	Orange Sponge & Custard	Frosted Chocolate Cake	Chocolate Mousse & Mandarins	Oaty Biscuit

### 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.**