

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

## 3<sup>rd</sup> November 2025 – 26<sup>th</sup> March 2026

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

<b>Set Menu 3 - Weeks commencing</b> 17/11/25, 08/12/25, 12/01/26, 02/02/26, 02/03/26, 23/03/26					
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Main Course</b>	Pork Meatballs with Tomato Sauce	Roast Chicken	Italian Style Beef Bolognaise	Fish Fillet	n/a
<b>Vegetarian</b>	Protein Power Balls	Quorn Fillet	Meatless Bolognaise	Crispy Rainbow Fingers	n/a
<b>Carbohydrates</b>	Rice & Tortilla Wrap	New Potatoes	Pasta & Bread Roll	Chips	n/a
<b>Vegetables/ Salad</b>	Sweetcorn/ Garden Peas	Baton Carrots/ Broccoli	Sweetcorn/ Green Beans	Baked Beans/ Garden Peas	n/a
<b>Desserts</b>	Marble Sponge & Custard	Apple Crisp & Cream	Chocolate Oat & Mandarins	Surprise Pudding	n/a

### 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.**