

**Educaterers Lunch Menu Week 3**  
w/c 13/9, 4/10, 15/11, 6/12, 17/1/22, 7/2, 28/2, 21/3, 25/4, 16/5, 13/6, 4/7.

**Meat Free Monday**



(v) Cheese and Tomato Pizza Wedge (D.G.)

or



(vg) Plant Power Veggie Balls with Rustic Tomato Sauce

**Tuesday**



Organic Beef Grill (G.) in a Bun (G.)

or



(v) Cheesy Pasta Bake (G.D.)

**Wednesday**



Roast Chicken Joint or Fillet

or



(v) Quorn Fillet (E.)

**Thursday**



Organic Beef and Tomato Fusilli (G.)  
Optional Cheese (D.)

or



(vg) Veggie Hot Dog (G.)

**Friday**



Gluten Free Fish Fingers (F.)

or



(v) Jacket Potato with Cheese (D.)

**Week 3 Dessert Menu**

**Every day we offer:**

(v) Yeo Valley organic yoghurt, (D.) or fresh fruit as alternative dessert options

**Monday**

(vg) Homemade Chocolate Cracknel (G.)

**Tuesday**

Jelly with Fruit  
(v) Ice Cream Tub (D.)

**Wednesday**

(v) Homemade Syrup Sponge (G.E.) with Custard (D) or  
(vg) Homemade Zesty Orange Cookie (G.)

**Thursday**

(vg) Homemade Shortbread (G.)

**Friday**

(v) Homemade Chocolate and Pear Brownie (G.E.)  
(v) Ice Cream Tub (D.)

All our meals include a carbohydrate accompaniment, seasonal vegetables and/or salad. We offer a choice of fruit juice cordial, organic semi skimmed milk and water to drink.

**Accompaniments may vary to those shown.**

**Key**

- vg = vegan
- V = vegetarian
- D = Dairy
- N = Coconut
- S = Sesame
- E = Egg
- G = Gluten/Wheat
- F = Fish
- M = Mustard
- SB = Soya
- SU = Sulphites

**Allergies**

Please contact your school cook for information regarding the content of dishes and products on our menu.