

Educaterers Lunch Menu Week 3 – w/c 19/9, 10/10, 31/10, 21/11, 12/12, 2/1/23, 13/2, 6/3.

	Red Option (Meat Free Monday)	Green Option	Brown Option Jacket Potatoes Every Day	Blue Option Pasta Bar: One Choice Every Day	Dessert
MONDAY	Cheese and Tomato Pizza D.G.	(v) Veg Korma M.D.E.	(v) Cheese/Beans D. or (v) Cheese D. or Tuna Mayonnaise F.E.	(v) Tomato Mascarpone D.G.	Every day we offer: (v) Yoghurt, (D.) or fresh fruit as alternative dessert options.
TUESDAY	Pork Sausages G.SU.	(vg) Chinese Style Plant Based "Meat" balls (Noodles contain Gluten)		(v) Chocolate or Strawberry Swirl Mousse D. (vg) Homemade Fruity Flapjack G.	
WEDNESDAY	Roast Beef in Gravy, Yorkshire Pudding D.E.G.	(vg) Quorn Roast G. (v) Yorkshire Pudding D.E.G.		(v) Homemade Iced Sponge with Sprinkles G.E. and Custard D.	
THURSDAY	Chicken Fajita Wrap G.	(v) Mac 'n' Cheese G.D.		Italian Meatballs G Jelly with Fruit (vg) Homemade Carrot and Orange Cookie G.	
FRIDAY	Breaded Fish Fillet Fingers F.	(vg) Breaded Vegetable Fingers G.		Pasta with Cheese Sauce (v) Cheddar Cheese Crackers and Apple Slices G.D. (v) Ice Cream Tub D.	

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