

Educaterers Lunch Menu Week 3 – w/c 22/4, 13/5, 3/6, 24/6, 15/7, 9/9, 30/9, 21/10

	Red Option	Green Option	Brown Option Jacket Potatoes Every Day	Blue Option Pasta Bar: One Choice Every Day	Dessert
MONDAY	Southern Style Chicken Strips in a Wrap with Potato Wedges (G)	(H) (V) Mac 'n' Cheese with Freshly Baked Wholegrain Baguette (D.G)	Jacket Potato – (V) Cheese (D), Tuna (F.E) or (V) Baked Beans	(V) Tomato Mascarpone (D.G.)	(Vg) (H) Vanilla Cookie (G) (V) Ice Cream (D) or Fresh Fruit
TUESDAY	(H) Minced Beef Pie with Crispy Diced Potatoes (G)	(Vg) Quorn Dippers with Rainbow Rice and Dipping Sauce (G)		Italian Meatballs (G)	(Vg) (H) Shortbread (G) (V) Cheese Crackers and Apple Wedge (G.D) Fresh Fruit
WEDNESDAY	British Roast Pork Loin, Apple Sauce and Gravy	(Vg) Quorn Roast with Gravy (G)		BBQ Chicken (G)	(V) (H) Toffee Apple Sponge (G.D.E) (V) Yoghurt (D) or Fresh Fruit
THURSDAY	Beef Burger in a High Fibre Bun with Potato Wedges (G.SB.C)	(H) (Vg) Beany Pasty (kidney & baked beans with vegetables in pastry) with Potato Wedges (G)		Spicy Sausage (G)	(Vg) (H) Honey and Raisin Bar (G) (V) Chocolate Swirl Mousse (D) (V) Yoghurt (D) or Fresh Fruit
FRIDAY	(M.S.C) Gluten Free Fish Fillet Fingers (F) with Chipped Potatoes	(V) Plantball Pitta Pocket – (plantballs in a pitta with salad, mint & mayonnaise dressing) served with Chipped Potatoes.(G.E)		(V, Vg) Tomato and Basil (G)	(V) (H) Lemon/ Orange Drizzle Cake (G.E) (V) Yoghurt (D) Fresh Fruit

Allergen Key

C = Celery	F = Fish	SB = Soya
D = Dairy	H = Homemade	SU = Sulphites
E = Egg	M = Mustard	V = Vegetarian
G = Gluten/Wheat	S = Sesame	Vg = Vegan