

## Educaterers Lunch Menu Week 3 – w/c 13/11, 04/12, 08/01, 29/01, 19/02, 11/03

	Red Option	Green Option	Brown Option Jacket Potatoes Every Day	Blue Option Pasta Bar: One Choice Every Day	Dessert
<b>MONDAY</b>	(vg) Veggie Sausage with Gravy & Mashed Potatoes	(v,h) Mac 'n' Cheese with Freshly Baked Wholegrain Baguette (D.G)	(v) Cheese/Beans D. or (v) Cheese D. or Tuna Mayonnaise F.E.	(v) Tomato Mascarpone D.G.	(v) Homemade Jammy Cookie (G) (v) Yoghurt (D) or Fresh Fruit
<b>TUESDAY</b>	(h) British Beef Bolognaise with Garlic Bread / Cheese (G.D)	(vg) Veggie Plant Burger in a High Fibre Bun with Diced Potatoes (G)		Italian Meatballs G.	(v) Homemade Toffee Apple Sponge with Custard (D.G.E) (v) Yoghurt (D) or Fresh Fruit
<b>WEDNESDAY</b>	British Roast Chicken Fillet, Sage and Onion Stuffing and Gravy (G)	(vg) Quorn Roast with Gravy (G)		BBQ Chicken G.	(v) Homemade Chocolate Crunch with Pink Custard (G.D) Fresh Fruit
<b>THURSDAY</b>	Gluten Free British Pork Meatballs in a Rustic Tomato Sauce with Pasta (SB.SU.G)	(v,h) No Beef Taco with Spicy Potato Wedges (D.E)		Spicy Sausage G.	Jelly with Fruit (vg) Homemade Carrot and Orange Cookie (G) (v) Yoghurt (D) or Fresh Fruit
<b>FRIDAY</b>	Gluten Free Breaded Fish Fillet with Chipped Potatoes (F)	(v,h) Cheese and Potato Pie with Freshly Baked Wholegrain Baguette (D.E.G)		(vg) Tomato and Basil G.	(v) Homemade Oaty Shortbread (G) (v) Ice Cream Tub (D) Fresh Fruit

### Key

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