

## Educaterers Lunch Menu Week 3 – w/c 28/04, 19/05, 16/06, 07/07, 01/09, 22/09, 13/10

|                  | Red Option                         | Green Option                             | Brown Option<br>Jacket Potatoes<br>Every Day                             | Blue Option<br>Pasta Bar: One Choice<br>Every Day | Dessert                                        |
|------------------|------------------------------------|------------------------------------------|--------------------------------------------------------------------------|---------------------------------------------------|------------------------------------------------|
| <b>MONDAY</b>    | (v) Cheese & Tomato Pizza (G.D)    | (vg) Quorn & Bean Tostada (Tortilla) (G) | (v) Cheese/Beans D.<br>or<br>(v) Cheese D.<br>or<br>Tuna Mayonnaise F.E. | (v) Tomato & Basil (G.D) Pasta and Salad.         | (v) Homemade Crunch Cookie (G)                 |
| <b>TUESDAY</b>   | Pasta Bolognaise (G)<br>Cheese (D) | (vg) Plant Power Hot Dog (G)             |                                                                          | Chicken Fajita Pasta (G) and Salad.               | (v) Homemade Lemon / Orange Drizzle Cake (G.E) |
| <b>WEDNESDAY</b> | Roast Pork Slice.                  | (vg) Quorn Roast (G)                     |                                                                          | (v) Mac 4 Cheese Pasta (G.D) and Salad.           | (v) Strawberry Whip with Fruit (D)             |
| <b>THURSDAY</b>  | Beef Grill (G.SB.SU) in a Bun (G)  | (vg) Chunky Vegetable Curry.             |                                                                          | (vg) Herby Tomato Pasta (G) and Salad.            | (v) Homemade Chocolate Frosted Sponge (G.E.D)  |
| <b>FRIDAY</b>    | Breaded Fish Fillet Fingers (F.G)  | (v) Tomato Pasta Bake (D.G)              |                                                                          | Pepperonata Pasta (G) and Salad.                  | (v) Ice Cream Tub (D)                          |

### Every day we offer:

(v) Yoghurt, (D.SB) or Fresh fruit as alternative dessert options.

### 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           |                  |