

A vegan meal is available on request on days when (vg) is not shown as a choice on the menu.

All our fish is natural whole fillet and although great care has been taken to remove all bones, some may remain.

educaters[®]



Weekly Menu

CHOICE/COLD
October 23

Week one

Warwickshire, Coventry: 20/11, 11/12, 15/01, 05/02, 26/02, 18/03
Oxfordshire: 30/10, 20/11, 11/12, 15/01, 05/02, 26/02, 18/03
Leicestershire: 30/10, 20/11, 11/12, 15/01, 05/02, 26/02, 18/03

Choose a main meal...

MONDAY

- (h) Chicken Biryani with vegetables (su)
- (v) Cheese and Tomato Pizza Wedge with Potato Wedges (D.G)
- (v) Cheddar Cheese Bap (G.D)

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

(v) Homemade Chocolate Cracknel (G)
(v) Yoghurt (D) or Fresh Fruit

Choose a main meal...

TUESDAY

- (h) Minced Beef Burrito with Herby Diced Potatoes – mildly spiced minced beef, salad and grated cheese in a wrap (D.G)

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

Jelly with fruit
(v) Homemade Crunch Cookie (G)
(v) Yoghurt (D) or Fresh Fruit

- (vg) Breaded Vegetable Fingers with Herby Diced Potatoes (G)
- Tuna Mayonnaise Bap (F.E.G)

Choose a main meal... WEDNESDAY ROAST

WEDNESDAY

- British Roast Gammon Steak with Gravy
- (vg) Quorn Roast with Gravy (G)
- Crispy Roast Potatoes

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

(v) Homemade Chocolate, Pear & Apple Crumble with Custard (G.D)
(v) Ice Cream (D)
Fresh Fruit

- British Roast Chicken Bap (G)

Choose a main meal...

THURSDAY

- Chicken Burger in a High Fibre Bun with Spicy Wedges (G)

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

(v) Mini Waffle with Toffee sauce (G.E.D.SB)
(v) Yoghurt (D) or Fresh Fruit

- (v,h) Tomato Pasta Bake with Freshly Baked Wholegrain Baguette (D.G)

- British Ham Bap (G)

Choose a main meal... FISHY FRIDAY

FRIDAY

- (msc) Breaded Fish Fillet Fingers (F) with Chipped Potatoes
- (v,h) Vegetable Crumble with a Cheesy top (G.D)

On the side...

Fresh Salad Bar
Peas or Baked Beans

For dessert...

(v) Cheddar Cheese, Crackers and Apple Wedges (D.G)
(v) Ice Cream (D)
Fresh Fruit

- Chipped Potatoes

- (v) Egg Mayonnaise Bap (G.E)

Week two

Warwickshire, Coventry: 06/11, 27/11, 18/12, 22/01, 04/03
Oxfordshire: 06/11, 27/11, 18/12, 22/01, 04/03, 25/03
Leicestershire: 06/11, 27/11, 18/12, 22/01, 12/02, 04/03

Choose a main meal...

MONDAY

- British Pork Sausages with Gravy & Mashed Potatoes (G.SU)

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

(vg) Homemade Flapjack with Fresh Fruit Wedges (G)
(v) Yoghurt (D) or Fresh Fruit

- (v,h) Cheese and Baked Bean Pasty with Diced Potatoes (G.D)

- (v) Cheddar Cheese Bap (G.D)

Choose a main meal...

TUESDAY

- (h) Chicken & Sweetcorn Pasta Bake with Garlic Bread (G.D)

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

(v) Strawberry Mousse with Fruit (D)
(v) Ginger Cookie (G)
Fresh Fruit

- (v) Plantball Melt with Potato Wedges – plantballs in a finger roll topped with rustic tomato sauce and grated cheese (G.D)

- British Roast Chicken Bap (G)

Choose a main meal... WEDNESDAY ROAST

WEDNESDAY

- British Roast Beef, with Traditional Yorkshire Pudding and Gravy (D.E.G)

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

(v) Homemade Jam Tart with Custard (D.G)
(v) Chocolate swirl Mousse (D)
Fresh Fruit

- (vg) Quorn Roast with Gravy (G)
- Crispy Roast Potatoes

- Tuna Mayonnaise Bap (F.E.G)

Choose a main meal...

THURSDAY

- (h) Chicken and Country Vegetable Pie with Herby Diced Potatoes (G)

On the side...

Fresh Salad Bar
Vegetables of the Day
Baked Beans

For dessert...

(v) Homemade 'School Favourite' Sprinkles Sponge Cake (G.E)
(v) Yoghurt (D) or Fresh Fruit

- (vg) Quorn Dippers with Herby diced Potatoes (G)

- British Ham Bap (G)

Choose a main meal... FISHY FRIDAY

FRIDAY

- (msc) Salmon and Sweet Potato Fishcake (G.F) with Chipped Potatoes

On the side...

Fresh Salad Bar
Peas or Baked Beans

For dessert...

(v) Homemade Shortbread (G)
(v) Yoghurt (D) or Fresh Fruit

- (v) Cheese and Tomato Pizza Wedge with Potato Wedges (D.G)

- (v) Cheddar Cheese Bap (G.D)

Week three

Warwickshire, Coventry: 13/11, 04/12, 08/01, 29/01, 19/02, 11/03
Oxfordshire: 13/11, 04/12, 08/01, 29/01, 19/02, 11/03
Leicestershire: 23/10, 13/11, 04/12, 08/01, 29/01, 11/03

Choose a main meal...

MONDAY

- (vg) Veggie Sausage with Gravy & Mashed Potatoes

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

(v) Homemade Jammy Cookie (G)
(v) Yoghurt (D) or Fresh Fruit

- (v,h) Maç 'n' cheese with Freshly Baked Wholegrain Baguette (D.G)

- (v) Cheddar Cheese Bap (G.D)

Choose a main meal...

TUESDAY

- (h) British Beef Bolognese with Garlic Bread (G/ cheese D)

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

(v) Homemade Toffee Apple Sponge with Custard (D.G.E)
(v) Yoghurt (D) or Fresh Fruit

- (vg) Veggie Plant burger in a High Fibre Bun with Diced Potatoes (G)

- Tuna Mayonnaise Bap (F.E.G)

Choose a main meal... WEDNESDAY ROAST

WEDNESDAY

- British Roast Chicken Fillet, Sage and Onion Stuffing and Gravy (G)

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

(v) Homemade Chocolate Crunch with Pink Custard (G.D)
Fresh Fruit

- (vg) Quorn Roast with Gravy (G)
- Crispy Roast Potatoes

- British Roast Chicken Bap (G)

Choose a main meal...

THURSDAY

- Gluten Free British Pork Meatballs in a Rustic Tomato Sauce with Pasta (SB.SU.G)

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

Jelly with Fruit
(vg) Homemade Carrot & Orange Cookie (G)
(v) Yoghurt (D) or Fresh Fruit

- (v,h) No Beef Taco with Spicy Potato Wedges – Taco shell filled with mildly spiced quorn veggie beef strips, salad and grated cheese (D.E)

- British Ham Bap (G)

Choose a main meal... FISHY FRIDAY

FRIDAY

- (msc) Gluten Free Breaded Fish Fillet (F) with Chipped Potatoes

On the side...

Fresh Salad Bar
Peas or Baked Beans

For dessert...

(v) Homemade Oaty Shortbread (G)
(v) Ice Cream Tub (D)
Fresh Fruit

- (v,h) Cheese and Potato Pie with Freshly Baked Wholegrain Baguette (D.E.G)

- (v) Cheddar Cheese Bap (G.D)

Fruit Cordial or Fruity Water from the Hydration Station, Semi Skimmed Milk & Fresh Bread are also offered daily

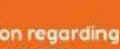
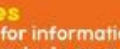
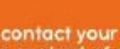
Vegetable accompaniments change to reflect seasonal availability.

ALLERGEN KEY
Vg = Vegan
V = Vegetarian

G = Gluten wheat
N = Coconutnuts
G = Sesame

F = Fish
M = Mustard
SU = Sulphites

D = Dairy
E = Egg
SB = Soya



Allergies

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