



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

Some schools serve the cold option in a lunch bag with salad or vegetable sticks, a dessert and a drink

educaterers®



Weekly Menu



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

Sept 2022 Choice plus Cold and Jkt

Week one

Coventry and Warwickshire: 5/9, 26/9, 17/10, 7/11, 28/11, 9/1/23, 30/1.
Leicestershire: 5/9, 26/9, 7/11, 28/11, 9/1/23, 30/1.
Oxfordshire: 5/9, 26/9, 17/10, 7/11, 28/11, 19/12, 9/1/23, 30/1, 20/2.

MONDAY

Choose a main meal... **MEAT FREE MONDAY**

(v) Crispy Quorn Dippers with Barbeque Sauce or Ketchup and Crispy Baked Potatoes

(v,h) Broccoli and Sweetcorn Pasta Bake in a creamy sauce with a grilled cheese topping with Malted Wheat Baguette

Jacket Potato-Cheese/Tuna/Beans

(v) Cheddar Cheese Bag

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

(v) Chocolate Mousse with Fruit
(vg,h) Homemade Ginger Biscuit
(v) Organic Yoghurt or Fresh Fruit

TUESDAY

Choose a main meal...

(h) Organic Pork Meatballs with Rich and Rustic Tomato Sauce and Pasta

(v,h) Cheddar Cheese and Potato Pie with Crusty Bread

Jacket Potato-Cheese/Tuna/Beans

Roast Chicken Bag

On the side...

Fresh Salad Bar
Vegetables of the Day
Baked Beans

For dessert...

(vg,h) Homemade Lemon Shortbread
(v) Organic Yoghurt or Fresh Fruit

WEDNESDAY

Choose a main meal... **WEDNESDAY ROAST**
British Roast Chicken Joint or Fillet, Sage and Onion Stuffing and Gravy

(vg) Quorn Roast in Gravy with Sage and Onion Stuffing

Crispy Roast Potatoes

Jacket Potato-Cheese/Tuna/Beans

Tuna Mayonnaise Bag

On the side...

Fresh Salad Bar
Vegetables of the Day
Onion Stuffing

For dessert...

(v,h) Homemade Chocolate Cherry Sponge with Hot Choc Sauce
(v) Ice Cream Tub
(v) Organic Yoghurt or Fresh Fruit

THURSDAY

Choose a main meal...

(h) Beef Bolognese with Twisty Pasta and Garlic Bread

(vg) Veggie Sausage Pattie in a Breakfast Bag with Baked Potato Wedges

Jacket Potato-Cheese/Tuna/Beans

Ham Bag

On the side...

Fresh Salad Bar
Vegetables of the Day
Baked Beans

For dessert...

(vg,h) Homemade Iced Pineapple Cake
(v) Organic Yoghurt or Fresh Fruit

FRIDAY

Choose a main meal... **FISHY FRIDAY**

(msc) Crispy Battered Salmon Fishcake with Criss-Cross Potatoes

(v,h) Cheese and Tomato Pizza with Criss-Cross Potatoes

Jacket Potato-Cheese/Tuna/Beans

(v) Cheddar Cheese Bag

On the side...

Fresh Salad Bar
Peas or Baked Beans

For dessert...

(v) Ice Cream
(vg) Homemade Crunch Cookie
(v) Organic Yoghurt or Fresh Fruit

Week two

Coventry and Warwickshire: 12/9, 3/10, 14/11, 5/12, 16/1, 6/2, 27/2.
Leicestershire: 12/9, 3/10, 24/10, 14/11, 5/12, 16/1, 6/2, 27/2.
Oxfordshire: 12/9, 3/10, 14/11, 5/12, 16/1, 6/2, 27/2.

MONDAY

Choose a main meal... **MEAT FREE MONDAY**

(h) Tuna Pasta Bake with a Freshly Baked Wholegrain Baguette

(v) Veggie Toad in the Hole with Creamy Mash and Gravy

Jacket Potato-Cheese/Tuna/Beans

(v) Cheddar Cheese Bag

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

(vg,h) Homemade Flapjack with Fruit Wedges
(v) Organic Yoghurt or Fresh Fruit

TUESDAY

Choose a main meal...

Lowerhurst Farm Organic Beef Burger in a High Fibre Bun with Ketchup

(vg) Plant Power "Burger" in a High Fibre Bun with Ketchup

Baked Potato Wedges

Jacket Potato-Cheese/Tuna/Beans

Roast Chicken Bag

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

(v) Ice Cream Tub
(vg,h) Homemade Chocolate Oatcake
(v) Organic Yoghurt or Fresh Fruit

WEDNESDAY

Choose a main meal... **WEDNESDAY ROAST**

British Roast Pork or Gammon Joint or Loin Steak, Apple Sauce and Gravy

(vg) Quorn Roast in Gravy with Apple Sauce

Crispy Roast Potatoes

Jacket Potato-Cheese/Tuna/Beans

Tuna Mayonnaise Bag

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

(v,h) Homemade Oaty Apple Crumble and Custard
(v) Organic Yoghurt or Fresh Fruit

THURSDAY

Choose a main meal...

(h) Homemade Chicken Pie with Creamy Mash and Gravy

(v) Cheese and Onion Pasty with Crispy Diced Potatoes

Jacket Potato-Cheese/Tuna/Beans

Ham Bag

On the side...

Baked Beans
Fresh Salad Bar
Vegetables of the Day

For dessert...

(v,h) Homemade Crispy Cornflake Cookie
(v) Organic Yoghurt or Fresh Fruit

FRIDAY

Choose a main meal... **FISHY FRIDAY**

(msc) Breaded Fish Fillet with Chips

(v,h) Roasted Vegetable Frittata with Chips

Jacket Potato-Cheese/Tuna/Beans

(v) Cheddar Cheese Bag

On the side...

Fresh Salad Bar
Peas or Baked Beans

For dessert...

(v) Dinky Doughnuts with Chocolate Sauce
(v) Ice Cream
(v) Organic Yoghurt or Fresh Fruit

Week three

Coventry and Warwickshire: 19/9, 10/10, 31/10, 21/11, 12/12, 2/1/23, 23/1, 13/2, 6/3.
Leicestershire: 29/8, 19/9, 10/10, 31/10, 21/11, 12/12, 2/1/23, 23/1 13/2, 6/3.
Oxfordshire: 19/9, 10/10, 31/10, 21/11, 12/12, 2/1/23, 23/1, 6/3.

MONDAY

Choose a main meal... **MEAT FREE MONDAY**

(v) Cheese and Tomato Pizza with Baked Potato Wedges

(v) Vegetable Korma with Wholegrain Rice

Jacket Potato-Cheese/Tuna/Beans

(v) Cheddar Cheese Bag

On the side...

Baked Beans
Fresh Salad Bar
Vegetables of the Day

For dessert...

(vg,h) Homemade Chocolate Cracknel
(v) Organic Yoghurt or Fresh Fruit

TUESDAY

Choose a main meal...

Gold Medal Winning British Pork Sausages with Creamy Mash and Gravy

(vg,h) Chinese Style Plant Based "Meat" Balls with Noodles

Jacket Potato-Cheese/Tuna/Beans

Roast Chicken Bag

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

(v) Chocolate or Strawberry Swirl Mousse
(vg,h) Homemade Fruity Flapjack
(v) Organic Yoghurt or Fresh Fruit

WEDNESDAY

Choose a main meal... **WEDNESDAY ROAST**

British Roast Beef, Yorkshire Pudding and Gravy

(vg) Quorn Roast in Gravy with (v) Yorkshire Pudding

Crispy Roast Potatoes

Jacket Potato-Cheese/Tuna/Beans

Tuna Mayonnaise Bag

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

(v,h) Homemade Iced Sponge with Sprinkles and Custard
(v) Organic Yoghurt or Fresh Fruit

THURSDAY

Choose a main meal...

Chicken Fajita Wrap – tender breast marinated in mild Mexican seasoning served in a wrap with fresh salad

Plain chicken also available served with Crispy Diced Potatoes

(v,h) Homemade School Favourite Mac 'n' Cheese with Crusty Bread

Jacket Potato-Cheese/Tuna/Beans

Ham Bag

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

Jelly with Fruit
(vg,h) Homemade Carrot and Orange Cookie
(v) Organic Yoghurt or Fresh Fruit

FRIDAY

Choose a main meal... **FISHY FRIDAY**

(msc) Breaded Fish Fillet Fingers with Chips

(vg) Breaded Vegetable Fingers with Chips

Jacket Potato-Cheese/Tuna/Beans

(v) Free Range Egg Mayonnaise Bag

On the side...

Fresh Salad Bar
Peas or Baked Beans

For dessert...

(v) Cheddar Cheese, Crackers and Apple Slices
(v) Ice Cream Tub
(v) Organic Yoghurt or Fresh Fruit

Everyday we offer: Fruit Juice Cordial, Semi Skimmed Milk and a Fresh Bread Basket.
Ketchup is offered with selected dishes.

Vegetable accompaniments change to reflect seasonal availability.

(v) Vegetarian Option (h) Homemade (vg) Vegan
(msc) Certified Sustainable Seafood (h) Homemade



FS 634414

Allergies

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

Free SCHOOL MEALS

UNIVERSAL INFANT FREE SCHOOL MEALS - IS MY CHILD ELIGIBLE?

If you have a child in Reception or Key Stage 1, your child is entitled to a free lunch every day. By offering so much great choice, we're confident your child will find a meal combination they enjoy from our menu to help them develop and excel during school time.

Please contact your child's school for more information.

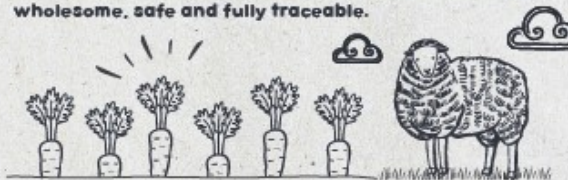


OUR INGREDIENTS

IT ALL BEGINS WITH OUR PASSION FOR FANTASTIC FOOD!

When we source our ingredients, we seek out trusted suppliers to provide the freshest, most nutritious and highest quality produce possible.

Our suppliers put sustainability, animal welfare and ethical trading at the heart of their businesses. As a result, we know with confidence, the food we serve is wholesome, safe and fully traceable.

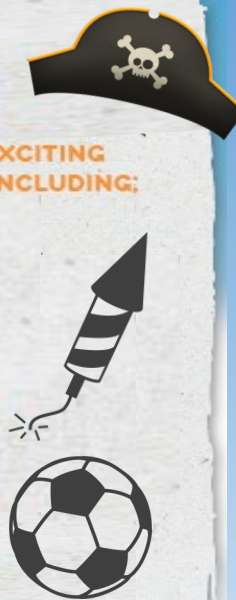


PROMOTIONS

LOOK OUT FOR OUR CALENDAR OF EXCITING THEMED MENUS AND PROMOTIONS INCLUDING:

- Pirate Lunch - October
- Bonfire Banquet - November
- Football Themed Lunch - Nov/Dec
- Traditional Christmas Lunch - December
- Jungle Explorers Lunch - January
- Winter Sports Lunch - February

Please note not all schools participate in all themed events check with your child's school



the NUTRI GANG

"On a mission for nutrition"



TOP 5 facts about our lunch.

- Fact 1**
We are the school meal specialists serving over 130,000 meals every week.
- Fact 2**
At least 75% of our menu is freshly prepared everyday by our professional kitchen teams.
- Fact 3**
All our staff are trained in allergy awareness to provide menu advice and support for customers with food allergies and intolerances.
- Fact 4**
We work with NHS dietetics teams across the region to support customers with special dietary needs.
- Fact 5**
Most importantly, we love what we do and we are always on a mission to create fun at lunchtime.

Join our TEAM

Are you passionate about food?

Could you help us serve healthy lunches to local schoolchildren?

Would you like to work school hours, term time only?

Then why not join one of our friendly school based teams? Full training package offered with opportunities for career progression.

Find us on Facebook at Educaterers Join Our Team or via the link on our website.



Find out more about Saffron, Iris, Reece and Doug, our NUTRIGANG at www.educaterers.co.uk