

# Educaterers Lunch Menu Week 3

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

## Meat Free Monday



**Cheese and Tomato Pizza D.G.**

## Tuesday



**Pork Sausages G.SU.**

## Wednesday



**Roast Beef in Gravy, York Pud D.E.G**

## Thursday



**Chicken Fajita Wrap G.**

## Friday



**Breaded Fish Fillet Fingers F.**

## Jacket Potatoes Every Day



**(v) Veg Korma M.D.E.**



**(vg) Chinese Style Plant Based "Meat" balls  
Noodles contain Gluten**



**(vg) Quorn Roast G.  
(v) Yorkshire Pudding D.E.G**



**(v) Mac 'n' Cheese G.D.**



**(v) Cheese/Beans D.**



**(v) Cheese D.**



**Tuna Mayonnaise F.E.**



**British Ham G.**



**(v) Cheddar Cheese G.D.**



**British Roast Chicken G.**



**Tuna Mayonnaise F.E.G**



**Egg Mayonnaise G.E.**

## Week 3 Dessert Menu

### Every day we offer:

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

### Monday

(vg) Homemade Chocolate Cracknel

### Tuesday

(v) Chocolate or Strawberry Swirl Mousse D.  
(vg) Homemade Fruity Flapjack G.

### Wednesday

(v) Homemade Iced Sponge  
with Sprinkles G.E. and Custard D.

### Thursday

Jelly with Fruit  
(vg) Homemade Carrot and  
Orange Cookie G.

### Friday

(v) Cheddar Cheese, Crackers and Apple  
Slices G.D  
(v) Ice Cream Tub D.

All our meals include a carbohydrate accompaniment, seasonal vegetables and/or salad. We offer a choice of fruit juice cordial, semi skimmed milk or water to drink. Some schools offer a Hydration Station instead, comprising of unlimited chilled water flavoured with fresh fruit.

**Accompaniments may vary to those shown.**

**PLEASE NOTE** some schools serve the cold option in a deli bag with vegetable sticks or salad, a dessert and a drink

### Key

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

