

# Educaterers Lunch Menu Week 3

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.

## Meat Free Monday



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

or



**(v) Sweet and Sour Quorn G.E.**

or



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

## Jacket Potatoes Every Day



## Tuesday



**Pork Sausages G.SU.**

or



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

or



**(v) Cheese D.**



## Wednesday



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

or



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

or



**Tuna Mayonnaise F.E.**



## Thursday



**Chicken Fajita Wrap G.**

or



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



## Friday



**Breaded Fish Fillet Fingers F.**

or



**(vg) Breaded Vegetable Fingers G.**



## 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



### Allergies

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