

Tracy's School Dinners

	Monday	Tuesday	Wednesday	Thursday	Friday
Weeks starting 12/11/2018 03/12/2018	Jacket Potato with choice of fillings ²⁵ French Stick ¹² Choc Ice ²	Sausage in a Home- made roll ¹⁴ <i>Or Vege sausage in a Home-made roll¹⁴</i> Baby Potatoes Lemon & Courgette Cake ¹⁴	Pasta bolognaise ¹ <i>Or Tomato Pasta¹</i> Oaty Fruit Crumble and Cream ²¹	Roast Beef with Yorkshire Pudding ¹²⁴ Roast Potatoes, Gravy ¹ <i>Or Vege Puff¹²⁴</i> Fruit Compot	Omega 3 Fish Fingers ¹⁴⁵ <i>Or Vege Quiche⁴¹²</i> French Fries Homemade biscuit ¹⁴
Weeks starting 29/10/2018 19/11/2018 10/12/2018	Jacket Potato with choice of fillings ²⁵ French Stick ¹² Yoghurt ²	Pulled Pork, Stuffing & Apple Sauce Baquette ¹² Vege Burger ²⁴ Salad Carrot Cake ¹⁴	Macaroni Cheese ¹²⁴ Fruity Tray Bake ¹⁴	Roast Chicken wrapped in bacon Stuffing Roast Potatoes, Gravy ¹ <i>Or Vege Puff¹²⁴</i> Pears, Chocolate sauce and Ice-cream ¹²⁴	Battered Fish Burger ¹⁴⁵ <i>Or Vege Sausage¹</i> French Fries Homemade Biscuit ¹⁴
Weeks starting 05/11/2018 26/11/2018 17/12/2018	Jacket Potato with choice of fillings ²⁵ French Stick ¹² Frozen Smoothie ²	Pizza Baby Potatoes Toffee Cake ¹⁴	Mild Chicken Korma <i>Or Vege Curry</i> Mixed Berry Meringues ⁴²	Roast Pork with apple sauce <i>Or Vege Puff¹²⁴</i> Roast Potatoes, Gravy ¹ Peach Melba	Omega 3 Fish Fingers ¹⁴⁵ <i>Or Vege Bake²</i> French Fries Homemade biscuit ¹⁴

All meals are served with seasonal vegetables or choice of salads.

Allergens – You must inform the school of ANY allergies your child has.

Wheat¹

Milk²

Soy³

Egg⁴

Seafood⁵

Seasame seeds

*Peanut***

*Tree nuts***

*Sulphites**

Mustard

** Most food contains Sulphite, if your child is allergic to Sulphites
please inform the school.*

***The School is a Nut free zone.*

Subject to change at short notice.