

Tracy's School Dinners

	Monday	Tuesday	Wednesday	Thursday	Friday
Weeks starting: 31/12/2018 21/01/2019 11/02/2019	Jacket Potato with choice of fillings ²⁵ French Stick ¹² Frozen Smoothie ²	Sausage & Mash ¹⁴ <i>Or Vege sausage & Mash¹⁴</i> Banana Bread ¹²⁴	Minced Beef lasagne ¹²⁴ <i>Or Vege Lasagne¹²⁴</i> Garlic Bread ¹² Sticky pear & ginger cake ¹²⁴	Roast Chicken wrapped in bacon Stuffing Roast Potatoes, Gravy ¹ <i>Or Vege Puff¹²⁴</i> Fruit Jelly and Ice Cream ²	Omega 3 Fish Fingers ¹⁴⁵ <i>Or Vege Grill⁴¹²</i> French Fries Homemade biscuit ¹⁴
Weeks starting: 07/01/2019 28/01/2019	Jacket Potato with choice of fillings ²⁵ French Stick ¹² Ice Cream Cake ¹²⁴	Cottage Pie ² <i>Or Cheese and Potato pie²</i> Carrot & Orange cake ¹²⁴	Sticky BBQ Chinese chicken ³ <i>Or Chinese vegetables³</i> Rice Oaty Fruit Crumble slice ¹²⁴	Roast Turkey Sage & Onion Stuffing ¹ Roast Potatoes, Gravy ¹ <i>Or Vege Puff¹²⁴</i> Healthy Brownies ¹²⁴	Grilled Chipolatas <i>Or Vege Sausage⁴¹²</i> French Fries Homemade biscuit ¹⁴
Weeks starting: 14/01/2019 04/02/2019	Jacket Potato with choice of fillings ²⁵ French Stick ¹² Choc Ice ²	Home-made Pizza ¹ Baby Potatoes Sticky Toffee Pudding ¹²⁴	Pasta bolognaise ¹ <i>Or Tomato Pasta¹</i> American Style Pancakes ¹²⁴	Roast Pork with apple sauce <i>Or Vege Puff¹²⁴</i> Roast Potatoes, Gravy ¹ Fruit Muffins ¹²⁴	Omega 3 Fish Fingers ¹⁴⁵ <i>Or Vege Grill⁴¹²</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.