

# Tracy's School Dinners

|   | Monday   | Tuesday   | Wednesday  | Thursday  | Friday   |
|---|--|---|--|---|--|
| Weeks starting:<br>06/09/2021<br>27/09/2021<br>18/10/2021 | Macaroni Cheese <sup>124</sup><br><br>Yogurt <sup>2</sup>                              | Sausage Roll <sup>1</sup><br><i>Or Vege Sausage Roll<sup>1</sup></i><br>Baby new Potatoes with Salad<br>Jelly & Ice Cream <sup>2</sup>                    | Pasta Bolognaise <sup>1</sup><br><i>Or Sweet Tomato Pasta<sup>1</sup></i><br><br>Garlic Bread <sup>12</sup><br><br>Fruit Muffin <sup>124</sup> | Roast Chicken wrapped in bacon Stuffing <sup>1</sup><br><i>Or Vege Puff<sup>124</sup></i><br>Roast Potatoes, Gravy <sup>1</sup><br><br>Fruit Crumble <sup>1</sup> | Omega 3 Fish Fingers <sup>145</sup><br><i>Or Vege Nuggets<sup>412</sup></i><br>French Fries<br><br>Homemade biscuit <sup>1</sup> |
| Weeks starting:<br>13/09/2021<br>04/10/2021               | Jacket Potato with choice of fillings <sup>25</sup><br><br>Choc Ices <sup>2</sup>      | Pork and Apple Burger <sup>124</sup><br><i>Or Vege Burger<sup>124</sup></i><br>Baby new Potatoes with Salad<br><br>Courgette and Lemon Cake <sup>14</sup> | Mild creamy Chicken & Sweet Potato Curry <sup>2</sup><br><i>Or Vege Curry<sup>2</sup></i><br><br>Naan & Steamed Rice<br><br>Fruit Compote      | Sausages in Gravy <sup>1</sup><br><i>Or Vege Sausage<sup>124</sup></i><br>Roast Potatoes,<br><br>Raspberry Bakewell Tart <sup>124</sup>                           | Omega 3 Fish Fingers <sup>145</sup><br><i>Or Vege Nuggets<sup>412</sup></i><br>French Fries<br><br>Homemade biscuit <sup>1</sup> |
| Weeks starting:<br>20/09/2021<br>11/10/2021               | Home-made Cheese and Tomato Pizza <sup>12</sup><br><br>Potatoes<br><br>Frozen Smoothie | Breaded Chicken Fillet <sup>1</sup><br><i>Or Vege Grill<sup>1</sup></i><br>Baby new Potatoes with Salad<br>Banana Cake <sup>124</sup>                     | Mild Burrito <sup>1</sup><br><i>Or Chargrilled Vege Burrito<sup>1</sup></i><br><br>Steamed Rice<br><br>Lemon Meringue Pie <sup>14</sup>        | Roast Pork with Apple Sauce<br><i>Or Vege Puff<sup>124</sup></i><br><br>Roast Potatoes, Gravy <sup>1</sup><br><br>Fresh Fruit Gateaux <sup>124</sup>              | Omega 3 Fish Fingers <sup>145</sup><br><i>Or Vege Nuggets<sup>412</sup></i><br>French Fries<br><br>Homemade biscuit <sup>1</sup> |

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

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

*Wheat<sup>1</sup>*

*Seafood<sup>5</sup>*

*Sulphites\**

*Milk<sup>2</sup>*

*Seasame seeds*

*Mustard*

*Soy<sup>3</sup>*

*Peanut\*\**

*Egg<sup>4</sup>*

*Tree nuts\*\**

Subject to change at short notice.

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

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

A Vegan Menu is available on request.