

Tracy's School Dinners

	Monday	Tuesday	Wednesday	Thursday	Friday
Weeks starting: 1/11/2021 22/11/2021 13/12/2021	Cheesy Pin wheels ¹²⁴ Potato Wedges Yogurt ²	Chicken Burger ¹⁴ <i>Or Vege Burger¹⁴</i> New Potatoes Sticky Toffee Pudding ¹²⁴	Mild Burrito ¹² <i>Or Vege Mince Burrito¹²</i> Steamed Rice Fruit Compote	Roast Pork with Apple Sauce <i>Or Vege Puff¹²⁴</i> Roast Potatoes, Gravy ¹ Jelly	Omega 3 Fish Fingers ¹⁴⁵ <i>Or Vege Nuggets⁴¹²</i> French Fries Homemade biscuit ¹⁴
Weeks starting: 08/11/2021 29/11/2021	Home-made Cheese and Tomato Pizza ¹² New Potatoes Chocolate or Vanilla Pot ²	Chinese Chicken ³ <i>Or Chinese veg³</i> Steamed rice Brownie ¹⁴	Pasta Bolognese ¹ <i>Or Sweet Tomato Pasta ¹</i> Garlic Bread ¹² Fruit Muffin ¹²⁴	Sausages in Gravy ¹ <i>Or Vege Sausage¹²⁴</i> Roast Potatoes, Apple Pie ¹	Omega 3 Fish Fingers ¹⁴⁵ <i>Or Vege Nuggets⁴¹²</i> French Fries Homemade biscuit ¹⁴
Weeks starting: 15/11/2021 06/12/2021	Jacket Potato with choice of fillings ²⁵ Choc Ices ²	Meat Balls ¹ <i>Or Vege Balls</i> Steamed rice Banana cake ¹⁴	Lasagne ¹ <i>Or Vege Lasagne¹</i> Garlic Bread ¹² Pancakes with Sauce ¹⁴²	Roast Chicken wrapped in bacon Stuffing ¹ <i>Or Vege Puff¹²⁴</i> Roast Potatoes, Gravy ¹ Fruit Crumble ¹	Omega 3 Fish Fingers ¹⁴⁵ <i>Or Vege Nuggets⁴¹²</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

Seafood⁵

Sulphites*

Milk²

Seesame seeds

Mustard

Soy³

Peanut**

Egg⁴

Tree nuts**

**** 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.