

Tracy's School Dinners

	Monday	Tuesday	Wednesday	Thursday	Friday
Weeks starting: 31/10/2022 21/11/2022 12/12/2022	Home-made Cheese and Tomato Pizza ¹² New Potatoes Home-made biscuit ¹²⁴	Pasta Bolognaise ¹ <i>Or</i> <i>Tomato Pasta</i> Garlic Bread ¹²	Chicken Burger <i>Or Vege burger</i> Homemade roll ¹² Jacket Wedges	Sausages in Gravy ¹ <i>Or Vege Sausage</i> ¹²⁴ Roast Potatoes,	Omega 3 Fish Fingers ¹⁴⁵ <i>Or Vege Fingers</i> ⁴¹² French Fries Treat Friday pudding ¹²
Weeks starting: 07/11/2022 28/11/2022	Jacket Potato with choice of fillings ²⁵ Home-made biscuit ¹²⁴	Sausage and Mash <i>Or Vege Sausage and Mash</i>	Chinese Chicken ³ <i>Or Chinese veg stir fry</i> ³ Steamed rice Sweet & Sour Sauce ³ Prawn Cracker	Roast Pork with Apple Sauce <i>Or Vege Sausage</i> ¹²⁴ Roast Potatoes, Gravy ¹	Omega 3 Fish Fingers ¹⁴⁵ <i>Or Vege Fingers</i> ⁴¹² French Fries Treat Friday pudding ¹²
Weeks starting: 14/11/2022 05/12/2022	Home-made Cheese and Tomato Pizza ¹² New Potatoes Home-made biscuit ¹²⁴	Pasta Bolognaise ¹ <i>Or</i> <i>Tomato Pasta</i> Garlic Bread ¹²	Meatballs ¹ <i>Or Vege Balls</i> ¹ Steamed rice Gravy ¹	Roast Chicken <i>Or Vege Sausage</i> ¹²⁴ Roast Potatoes, Gravy ¹	Omega 3 Fish Fingers ¹⁴⁵ <i>Or Vege Fingers</i> ⁴¹² French Fries Treat Friday pudding ¹²

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

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

*Wheat*¹

*Seafood*⁵

Sulphites^{*}

*Milk*²

Seasame seeds

Mustard

*Soy*³

Peanut^{**}

*Egg*⁴

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.

'Dessert of the day' will be served where there is none specified.