

Tracy's School Dinners

	Monday	Tuesday	Wednesday	Thursday	Friday
Weeks starting: 04/09/2023 25/09/2023 16/10/2023	Home-made Cheese and Tomato Pizza ¹² New Potatoes	Pork and Apple burger ¹ <i>Or Vege Burger¹</i> Jacket Wedges	Chinese Chicken ³ <i>Or Chinese Veg³</i> Prawn Cracker ¹ Steamed Rice	Sausages in Gravy ¹ <i>Or Vege Sausage¹</i> Roast Potatoes	Omega 3 Fish Fingers ¹⁴⁵ <i>Or Vege Fingers⁴¹²</i> French Fries
Weeks starting: 11/09/2023 02/10/2023	Macaroni Cheese ¹²	Chicken Fajita ¹² <i>Or</i> <i>Vege Fajita¹²</i> Steamed Rice	Pasta Bolognaise ¹ <i>Or</i> <i>Tomato Pasta¹</i> Garlic Bread ¹²	Roast Pork with Apple Sauce <i>Or Vege Sausage¹</i> Roast Potatoes, Gravy ¹	Omega 3 Fish Fingers ¹⁴⁵ <i>Or Vege Fingers⁴¹²</i> French Fries
Weeks starting: 18/09/2023 09/10/2023	Home-made Cheese and Tomato Pizza ¹² New Potatoes	Savoury Mince <i>Or Vege Mince</i> in a Taco shell Steamed Rice	Hot dog ¹ <i>Or Vege hot dog¹</i> Jacket Wedges	Roast Chicken <i>Or Vege Chicken¹</i> Roast Potatoes, Gravy ¹	Omega 3 Fish Fingers ¹⁴⁵ <i>Or Vege Fingers⁴¹²</i> French Fries

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

Subject to change at short notice.

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.***

A Vegan Menu is available on request.

A home-made pudding with a fruit option will be served every day