

Tracy's School Dinners

	Monday	Tuesday	Wednesday	Thursday	Friday
Weeks starting: 01/01/2024 22/01/2024 12/02/2024	Home-made Cheese and Tomato Pizza ¹² New Potatoes	Chinese Chicken ³ <i>Or Chinese Veg</i> ³ Prawn Cracker ¹ Steamed Rice	Pasta Bolognaise ¹ <i>Or</i> <i>Tomato Pasta</i> ¹ Garlic Bread ¹²	Roast Chicken <i>Or Vege Chicken</i> ¹ Stuffing Roast Potatoes, Gravy ¹	Omega 3 Fish Fingers ¹⁴⁵ <i>Or Vege Sticks</i> ⁴¹² French Fries
Weeks starting: 08/01/2024 29/01/2024	Jacket potato With choice of fillings ²⁵	Katsu Chicken Curry ¹ <i>Or Vege Curry</i> ¹ Steamed Rice	Lasagne ¹ <i>Or Vege Lasagne</i> ¹ Garlic Bread ¹²	Sausages in Gravy ¹ <i>Or Vege Sausage</i> ¹ Mashed Potatoes	Omega 3 Fish Fingers ¹⁴⁵ <i>Or Vege Sticks</i> ⁴¹² French Fries
Weeks starting: 15/01/2024 05/02/2024	Home-made Cheese and Tomato Pizza ¹² New Potatoes	Savoury Mince <i>Or Vege Mince</i> in a Taco shell ¹ Steamed Rice	Meatballs in tomato sauce ¹ <i>Or Vege Meatballs</i> ¹ Pasta ¹	Roast Chicken <i>Or Vege Chicken</i> ¹ Stuffing Roast Potatoes, Gravy ¹	Omega 3 Fish Fingers ¹⁴⁵ <i>Or Vege Sticks</i> ⁴¹² 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.

*Wheat*¹

*Milk*²

*Soy*³

*Egg*⁴

Subject to change at short notice.

*Seafood*⁵

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.

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