

A vegan meal is available on request on days when (vg) is not shown as a choice on the menu.

All our fish is natural whole fillet and although great care has been taken to remove all bones, some may remain.

educaterers®



# Weekly Menu

CHOICE/JKT October 23

## Week one

Warwickshire, Coventry: 20/11, 11/12, 15/01, 05/02, 26/02, 18/03  
Oxfordshire : 30/10, 20/11, 11/12, 15/01, 05/02, 26/02, 18/03  
Leicestershire: 30/10, 20/11, 11/12, 15/01, 05/02, 26/02, 18/03

### MONDAY

Choose a main meal...

(h) Chicken Biryani with vegetables (su)

(v) Cheese and Tomato Pizza Wedge with Potato Wedges (D.G)

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

On the side...

Fresh Salad Bar  
Vegetables of the Day

For dessert...

(v) Homemade Chocolate Cracknel (G)  
(v) Yoghurt (D) or Fresh Fruit

### TUESDAY

Choose a main meal...

(h) Minced Beef Burrito with Herby Diced Potatoes – mildly spiced minced beef, salad and grated cheese in a wrap (D.G)

(vg) Breaded Vegetable Fingers with Herby Diced Potatoes (G)

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

On the side...

Fresh Salad Bar  
Vegetables of the Day

For dessert...

Jelly with fruit  
(v) Homemade Crunch Cookie (G)  
(v) Yoghurt (D) or Fresh Fruit

### WEDNESDAY

Choose a main meal... WEDNESDAY ROAST

British Roast Gammon Steak with Gravy

(vg) Quorn Roast with Gravy (G)  
Crispy Roast Potatoes

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

On the side...

Fresh Salad Bar  
Vegetables of the Day

For dessert...

(v) Homemade Chocolate, Pear & Apple Crumble with Custard (G.D)  
(v) Ice Cream (D)  
Fresh Fruit

### THURSDAY

Choose a main meal...

Chicken Burger in a High Fibre Bun with Spicy Wedges (G)

(v,h) Tomato Pasta Bake with Freshly Baked Wholegrain Baguette (D.G)

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

On the side...

Fresh Salad Bar  
Vegetables of the Day

For dessert...

(v) Mini Waffle with Toffee sauce (G.E.D.SB)  
(v) Yoghurt (D) or Fresh Fruit

### FRIDAY

Choose a main meal... FISHY FRIDAY

(msc) Breaded Fish Fillet Fingers (F) with Chipped Potatoes

(v,h) Vegetable Crumble with a Cheesy top (G.D)  
Chipped Potatoes

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

On the side...

Fresh Salad Bar  
Peas or Baked Beans

For dessert...

(v) Cheddar Cheese, Crackers and Apple Wedges (D.G)  
(v) Ice Cream (D)  
Fresh Fruit

## Week two

Warwickshire, Coventry: 06/11, 27/11, 18/12, 22/01, 04/03  
Oxfordshire: 06/11, 27/11, 18/12, 22/01, 04/03, 25/03  
Leicestershire: 06/11, 27/11, 18/12, 22/01, 12/02, 04/03

### MONDAY

Choose a main meal...

British Pork Sausages with Gravy & Mashed Potatoes (G.SU)

(v,h) Cheese and Baked Bean Pasty with Diced Potatoes (G.D)

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

On the side...

Fresh Salad Bar  
Vegetables of the Day

For dessert...

(vg) Homemade Flapjack with Fresh Fruit Wedges (G)  
(v) Yoghurt (D) or Fresh Fruit

### TUESDAY

Choose a main meal...

(h) Chicken & Sweetcorn Pasta Bake with Garlic Bread (G.D)

(v) Plantball Melt with Potato Wedges – plantballs in a finger roll topped with rustic tomato sauce and grated cheese (G.D)

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

On the side...

Fresh Salad Bar  
Vegetables of the Day

For dessert...

(v) Strawberry Mousse with Fruit (D)  
(v) Ginger Cookie (G)  
Fresh Fruit

### WEDNESDAY

Choose a main meal... WEDNESDAY ROAST

British Roast Beef, with Traditional Yorkshire Pudding and Gravy (D.E.G)

(vg) Quorn Roast with Gravy (G)  
Crispy Roast Potatoes

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

On the side...

Fresh Salad Bar  
Vegetables of the Day

For dessert...

(v) Homemade Jam Tart with Custard (D.G)  
(v) Chocolate swirl Mousse (D)  
Fresh Fruit

### THURSDAY

Choose a main meal...

(h) Chicken and Country Vegetable Pie with Herby Diced Potatoes (G)

(vg) Quorn Dippers with Herby diced Potatoes (G)

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

On the side...

Fresh Salad Bar  
Vegetables of the Day  
Baked Beans

For dessert...

(v) Homemade 'School Favourite' Sprinkles Sponge Cake (G.E)  
(v) Yoghurt (D) or Fresh Fruit

### FRIDAY

Choose a main meal... FISHY FRIDAY

(msc) Salmon and Sweet Potato Fishcake (G.F)

with Chipped Potatoes

(v) Cheese and Tomato Pizza Wedge with Potato Wedges (D.G)

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

On the side...

Fresh Salad Bar  
Peas or Baked Beans

For dessert...

(v) Homemade Shortbread (G)  
(v) Yoghurt (D) or Fresh Fruit

## Week three

Warwickshire, Coventry: 13/11, 04/12, 08/01, 29/01, 19/02, 11/03  
Oxfordshire: 13/11, 04/12, 08/01, 29/01, 19/02, 11/03  
Leicestershire: 23/10, 13/11, 04/12, 08/01, 29/01, 11/03

### MONDAY

Choose a main meal...

(vg) Veggie Sausage with Gravy & Mashed Potatoes

(v,h) Mac 'n' cheese with Freshly Baked Wholegrain Baguette (D.G)

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

On the side...

Fresh Salad Bar  
Vegetables of the Day

For dessert...

(v) Homemade Jammy Cookie (G)  
(v) Yoghurt (D) or Fresh Fruit

### TUESDAY

Choose a main meal...

(h) British Beef Bolognese with Garlic Bread (G/ cheese D)

(vg) Veggie Plant burger in a High Fibre Bun with Diced Potatoes (G)

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

On the side...

Fresh Salad Bar  
Vegetables of the Day

For dessert...

(v) Homemade Toffee Apple Sponge with Custard (D.G.E)  
(v) Yoghurt (D) or Fresh Fruit

### WEDNESDAY

Choose a main meal... WEDNESDAY ROAST

British Roast Chicken Fillet, Sage and Onion Stuffing and Gravy (G)

(vg) Quorn Roast with Gravy (G)  
Crispy Roast Potatoes

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

On the side...

Fresh Salad Bar  
Vegetables of the Day

For dessert...

(v) Homemade Chocolate Crunch with Pink Custard (G.D)  
Fresh Fruit

### THURSDAY

Choose a main meal...

Gluten Free British Pork Meatballs in a Rustic Tomato Sauce with Pasta (SB, SU.G)

(g,h) No Beef Taco with Spicy Potato Wedges – Taco shell filled with mildly spiced quorn vegan beef strips, salad and grated cheese (D.E)

Jacket Potato – (v) Cheese (D), Tuna (F.E) Baked Beans

On the side...

Fresh Salad Bar  
Vegetables of the Day

For dessert...

Jelly with Fruit  
(vg) Homemade Carrot & Orange Cookie (G)  
(v) Yoghurt (D) or Fresh Fruit

### FRIDAY

Choose a main meal... FISHY FRIDAY

(msc) Gluten Free Breaded Fish Fillet (F) with Chipped Potatoes

(v,h) Cheese and Potato Pie with Freshly Baked Wholegrain Baguette (D.E.G)

Jacket Potato – (v) Cheese (D), Tuna (F.E) or (v) Baked Beans

On the side...

Fresh Salad Bar  
Peas or Baked Beans

For dessert...

(v) Homemade Oaty Shortbread (G)  
(v) Ice Cream Tub (D)  
Fresh Fruit

Fruit Cordial or Fruity Water from the Hydration Station, Semi Skimmed Milk & Fresh Bread are also offered daily

Vegetable accompaniments change to reflect seasonal availability.

ALLERGEN KEY  
Vg = Vegan  
V = Vegetarian

G = Gluten / Wheat  
N = Coconut / nuts  
S = Sesame

F = Fish  
M = Mustard  
SU = Sulphites

D = Dairy  
E = Egg  
SB = Soya



FS 634414

### Allergies

Please contact your school cook for information regarding the content of dishes and products on our menu.



# Free SCHOOL MEALS

## UNIVERSAL INFANT FREE SCHOOL MEALS - IS MY CHILD ELIGIBLE?

If you have a child in Reception or Key Stage 1, your child is entitled to a free lunch every day. By offering so much great choice, we're confident your child will find a meal combination they enjoy from our menu to help them develop and excel during school time.

Please contact your child's school for more information.



# OUR INGREDIENTS



## IT ALL BEGINS WITH OUR PASSION FOR FANTASTIC FOOD!

When we source our ingredients, we seek out trusted suppliers to provide the freshest, most nutritious and highest quality produce possible.

Our suppliers put sustainability, animal welfare and ethical trading at the heart of their businesses. As a result, we know with confidence, the food we serve is wholesome, safe and fully traceable.



# PROMOTIONS

LOOK OUT FOR OUR CALENDAR OF EXCITING THEMED MENUS AND PROMOTIONS INCLUDING:

- National School Meals Week
- Christmas Lunch
- Super Hero's Lunch for Census Day
- World Book Day



Please note not all schools participate in all themed events check with your child's school for more details...



# the NUTRI GANG

"On a mission for nutrition"



# TOP 5 facts about our lunch.

- Fact 1**  
We are the school meal specialists serving over 130,000 meals every week.
- Fact 2**  
At least 75% of our menu is freshly prepared everyday by our professional kitchen teams.
- Fact 3**  
All our staff are trained in allergy awareness to provide menu advice and support for customers with food allergies and intolerances.
- Fact 4**  
We work with NHS dietetics teams across the region to support customers with special dietary needs.
- Fact 5**  
Most importantly, we love what we do and we are always on a mission to create fun at lunchtime.

# Join our TEAM

## Are you passionate about food?

Could you help us serve healthy lunches to local schoolchildren?

Would you like to work school hours, term time only?

Then why not join one of our friendly school based teams? Full training package offered with opportunities for career progression.

Find us on Facebook at Educaterers Join Our Team or via the link on our website.



Find out more about Saffron, Iris, Reece and Doug, our NUTRIGANG at [www.educaterers.co.uk](http://www.educaterers.co.uk)