



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



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

educaterers®



A FOOD STORY

Weekly Menu

March 2022 Choice F12

Week one

Week Commencing: 7/3, 28/3, 2/5, 23/5, 20/6, 11/7.

Choose a main meal... **MEAT FREE MONDAY**

MONDAY

(v) Crispy Quorn Dippers with Barbeque Sauce or Ketchup and Baked Potato Wedges

(v,h) Vegetarian Korma with Oumph and Rice
Oumph the Chunk is a plant based meat alternative that looks just like chicken, made from soya beans

On the side...

Fresh Crispy Salad
Vegetables of the Day

For dessert...

(vg,h) Homemade Flapjack
(v) Cheddar Cheese, Crackers and Apple Slices
(v) Organic Yoghurt or Fresh Fruit

Choose a main meal...
Gold Medal Winning British Pork Sausages with Gravy and Creamy Mash

(vg,h) Plant Power "Meatballs" in Rich and Rustic Tomato Sauce with Pasta
Our vegan "meatballs" come from the kitchen of Forest Green Rovers FC, the world's first carbon neutral football team

On the side...

Vegetables of the Day

For dessert...

(v,h) Homemade Banoffee Cake with Toffee Drizzle
(v) Chocolate Swirl Mousse
(v) Organic Yoghurt or Fresh Fruit

Choose a main meal... **WEDNESDAY ROAST**

WEDNESDAY

British Roast Chicken Joint or Fillet, Sage and Onion Stuffing and Gravy

(vg) Quorn Roast in Gravy with Sage and Onion Stuffing

Crispy Roast Potatoes

On the side...

Vegetables of the Day

For dessert...

(v,h) Homemade Strawberry Slice and Custard
(v) Organic Yoghurt or Fresh Fruit

Choose a main meal...

THURSDAY

(h) Beef Bolognese with Pasta and Garlic Bread

(vg) Veggie Hot Dog with Crispy Diced Potatoes

On the side...

Fresh Crispy Salad
Sweetcorn
Baked Beans

For dessert...

(vg,h) Homemade Jammy Cookie
(v) Organic Yoghurt or Fresh Fruit

Choose a main meal... **FISHY FRIDAY**

FRIDAY

(msc) Crispy Battered Salmon Fishcake with Criss-Cross Potatoes

(v,h) Cheese and Tomato Pizza with Criss-Cross Potatoes

On the side...

Fresh Crispy Salad
Peas or Baked Beans

For dessert...

(v,h) Homemade "School Favourite" Iced Sponge with Fruit
(v) Ice Cream
(v) Organic Yoghurt or Fresh Fruit

Week two

Week Commencing: 14/3, 4/4, 9/5, 6/6, 27/6, 18/7.

Choose a main meal... **MEAT FREE MONDAY**

MONDAY

(v) Quorn Sausage Pattie in a Breakfast Bap with Ketchup and Baked Potato Wedges

(v,h) Homemade Mac 'n' Cheese with a Crispy Top and Freshly Baked Wholegrain Baguette

On the side...

Fresh Crispy Salad
Baked Beans

For dessert...

(vg,h) Homemade Chocolate Cracknel
(v) Organic Yoghurt or Fresh Fruit

Choose a main meal...

TUESDAY

(h) Homemade Chicken Pie with Gravy and Creamy Mash

(v) Crispy Quorn Dippers with a Mild and Creamy Curry Sauce and Rainbow Rice

On the side...

Vegetables of the Day

For dessert...

(vg,h) Homemade Shortbread
(v) Organic Yoghurt or Fresh Fruit

Choose a main meal... **WEDNESDAY ROAST**

WEDNESDAY

British Roast Beef, Yorkshire Pudding and Gravy

(vg) Quorn Roast in Gravy
(v) Yorkshire Pudding

Crispy Roast Potatoes

On the side...

Vegetables of the Day

For dessert...

(v,h) Homemade Fruit Crumble and Custard
(v) Ice Cream Tub
(v) Organic Yoghurt or Fresh Fruit

Choose a main meal...

THURSDAY

(h) Organic Pork Meatballs with Rich and Rustic Tomato Sauce and Pasta

(v,h) Homemade Vegetable Burrito Bake with Crispy Diced Potatoes
Mild Mexican flavoured veggies and cheese, layered between soft tortillas

On the side...

Fresh Crispy Salad
Vegetables of the Day

For dessert...

(v,h) Homemade Iced Pineapple Cake
(v) Organic Yoghurt or Fresh Fruit

Choose a main meal... **FISHY FRIDAY**

FRIDAY

(msc) Breaded Fish Fillet Fingers

(v,h) Cheese and Tomato Pizza

Chipped Potatoes

On the side...

Peas
Baked Beans

For dessert...

Jelly with Fruit
(v) Ice Cream
(v) Organic Yoghurt or Fresh Fruit

Week three

Week Commencing: 21/3, 25/4, 16/5, 13/6, 4/7.

Choose a main meal... **MEAT FREE MONDAY**

MONDAY

(vg) Breaded Vegetable Fingers with Crispy Diced Potatoes

(vg) Sweet 'n' Sour Quorn with Noodles

On the side...

Fresh Crispy Salad
Vegetables of the Day

For dessert...

(v) Chocolate Mousse with Fruit
(vg,h) Homemade Cherry Cookie
(v) Organic Yoghurt or Fresh Fruit

Choose a main meal...

TUESDAY

The Big Breakfast Brunch
Bacon Medallion, Pork Sausage and Omelette with Baked Potato Wedges

(v,h) Cheesy Tomato Pasta with Freshly Baked Wholegrain Baguette

On the side...

Baked Beans
Vegetables of the Day

For dessert...

(v) American Pancake with Fruit Toppings
(v) Organic Yoghurt or Fresh Fruit

Choose a main meal... **WEDNESDAY ROAST**

WEDNESDAY

British Roast Pork or Gammon Joint or Loin Steak, Apple Sauce and Gravy

(v) Quorn Roast in Gravy with Apple Sauce

Crispy Roast Potatoes

On the side...

Vegetables of the Day

For dessert...

(v,h) Homemade Chocolate Orange Brownie with Hot Chocolate Sauce
(v) Organic Yoghurt or Fresh Fruit

Choose a main meal...

THURSDAY

Lowerhurst Farm Organic Beef Burger in a High Fibre Bun with Ketchup

(vg) Plant Power "Burger" in a High Fibre Bun with Ketchup *another vegan dish from the kitchen at Forest Green Rovers FC.*

Crispy Diced Potatoes

On the side...

Fresh Crispy Salad
Vegetables of the Day

For dessert...

(v) Ice Cream
(vg,h) Homemade Ginger Cookie
(v) Organic Yoghurt or Fresh Fruit

Choose a main meal... **FISHY FRIDAY**

FRIDAY

(msc) Breaded Fish Fillet

(v,h) Cheese and Tomato Pizza

Chipped Potatoes

On the side...

Fresh Crispy Salad
Peas or Baked Beans

For dessert...

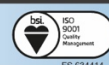
(v,h) Homemade Sticky Toffee Cake
(v) Organic Yoghurt or Fresh Fruit

Everyday we offer: Fruit Juice Cordial, Semi Skimmed Milk and a Fresh Bread Basket.

Ketchup is offered with selected dishes.

Vegetable accompaniments change to reflect seasonal availability.

(v) Vegetarian Option (h) Homemade (vg) Vegan
(msc) Certified Sustainable Seafood (h) Homemade



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Allergies

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