

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

F12 F44 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

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

MONDAY

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

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

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

TUESDAY

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

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

WEDNESDAY

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

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

THURSDAY

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

Choose a main meal... FISHY FRIDAY

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

(v) Cheese and Tomato Pizza Wedge with Chipped Potatoes (D.G)

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

FRIDAY

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

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

MONDAY

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

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

TUESDAY

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

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

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

WEDNESDAY

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

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

THURSDAY

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

Choose a main meal... FISHY FRIDAY

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

with Chipped Potatoes

(v) Cheese and Tomato Pizza Wedge with Chipped Potatoes (D.G)

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

FRIDAY

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

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

MONDAY

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

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

Choose a main meal...

(h) British Beef Bolognaise 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

TUESDAY

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

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

WEDNESDAY

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

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

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

THURSDAY

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

Choose a main meal... FISHY FRIDAY

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

(v) Cheese and Tomato Pizza Wedge with Chipped Potatoes (D.G)

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

FRIDAY

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 62414

Allergies

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