



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

Some schools serve the cold option in a lunch bag with salad or vegetable stick, a dessert and a drink

educaterers®



# Weekly Menu



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

March 2022 Choice plus Cold and Jkt

## 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*

Jacket Potato-Cheese/Tuna/Beans

(v) Cheddar Cheese Bap

**On the side...**

Fresh Salad Bar  
Vegetables of the Day

**For dessert...**

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

**TUESDAY**

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*

Jacket Potato-Cheese/Tuna/Beans

Roast Chicken Bap

**On the side...**

Fresh Salad Bar  
Vegetables of the Day

**For dessert...**

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

**WEDNESDAY**

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

Jacket Potato-Cheese/Tuna/Beans

Tuna Mayonnaise Bap

**On the side...**

Fresh Salad Bar  
Vegetables of the Day

**For dessert...**

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

**THURSDAY**

Choose a main meal...

(h) Beef Bolognese with Pasta and Garlic Bread

(vg) Veggie Hot Dog with Crispy Diced Potatoes

Jacket Potato-Cheese/Tuna/Beans

Ham Bap

**On the side...**

Fresh Salad Bar  
Vegetables of the Day  
Baked Beans

**For dessert...**

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

**FRIDAY**

Choose a main meal... **FISHY FRIDAY**  
(msc) Crispy Battered Salmon Fishcake with Criss-Cross Potatoes

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

Jacket Potato-Cheese/Tuna/Beans

(v) Cheddar Cheese Bap

**On the side...**

Fresh Salad Bar  
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

Jacket Potato-Cheese/Tuna/Beans

(v) Free Range Egg Mayonnaise Bap

**On the side...**

Baked Beans  
Fresh Salad Bar  
Vegetables of the Day

**For dessert...**

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

**TUESDAY**

Choose a main meal...

(h) Homemade Chicken Pie with Gravy and Creamy Mash

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

Jacket Potato-Cheese/Tuna/Beans

Ham Bap

**On the side...**

Fresh Salad Bar  
Vegetables of the Day

**For dessert...**

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

**WEDNESDAY**

Choose a main meal... **WEDNESDAY ROAST**  
British Roast Beef, Yorkshire Pudding and Gravy

(vg) Quorn Roast in Gravy with Yorkshire Pudding

Crispy Roast Potatoes

Jacket Potato-Cheese/Tuna/Beans

Roast Chicken Bap

**On the side...**

Fresh Salad Bar  
Vegetables of the Day

**For dessert...**

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

**THURSDAY**

Choose a main meal...

(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*

Jacket Potato-Cheese/Tuna/Beans

Tuna Mayonnaise Bap

**On the side...**

Fresh Salad Bar  
Vegetables of the Day

**For dessert...**

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

**FRIDAY**

Choose a main meal... **FISHY FRIDAY**  
(msc) Breaded Fish Fillet Fingers with Chips

(vg) Breaded Vegetable Fingers with Chips

Jacket Potato-Cheese/Tuna/Beans

(v) Cheddar Cheese Bap

**On the side...**

Fresh Salad Bar  
Peas or 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**

(v) Cheese and Tomato Pizza with Crispy Diced Potatoes

(v) Sweet 'n' Sour Quorn with Noodles

Jacket Potato-Cheese/Tuna/Beans

(v) Cheddar Cheese Bap

**On the side...**

Fresh Salad Bar  
Vegetables of the Day

**For dessert...**

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

**TUESDAY**

Choose a main meal...

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

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

Jacket Potato-Cheese/Tuna/Beans

Roast Chicken Bap

**On the side...**

Baked Beans  
Fresh Salad Bar  
Vegetables of the Day

**For dessert...**

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

**WEDNESDAY**

Choose a main meal... **WEDNESDAY ROAST**  
British Roast Pork or Gammon Joint or Loin Steak, Apple Sauce and Gravy

(vg) Quorn Roast in Gravy with Apple Sauce

Crispy Roast Potatoes

Jacket Potato-Cheese/Tuna/Beans

Tuna Mayonnaise Bap

**On the side...**

Fresh Salad Bar  
Vegetables of the Day

**For dessert...**

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

**THURSDAY**

Choose a main meal...

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

Jacket Potato-Cheese/Tuna/Beans

Ham Bap

**On the side...**

Fresh Salad Bar  
Vegetables of the Day

**For dessert...**

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

**FRIDAY**

Choose a main meal... **FISHY FRIDAY**  
(msc) Breaded Fish Fillet with Chips

(v,h) Roasted Vegetable Tart with Chips

Jacket Potato-Cheese/Tuna/Beans

(v) Cheddar Cheese Bap

**On the side...**

Fresh Salad Bar  
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



FS 534414

### 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:

World Book Day - March

Stop Food Waste Day - April

Platinum Jubilee Lunch - w/c 23rd May

Tennis Themed Lunch - June

Sports Day Picnic - July



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)

**educaterers**  **A FOOD STORY**

[www.educaterers.co.uk](http://www.educaterers.co.uk)

Email: [contactus@educaterers.co.uk](mailto:contactus@educaterers.co.uk)

Menu may change to meet customer preferences

