



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

educaterers®



Weekly Menu



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

C47 Sept 2022
Choice and One Jkt

Week one

Coventry and Warwickshire: 5/9, 26/9, 17/10, 7/11, 28/11, 9/1/23, 30/1.
Leicestershire: 5/9, 26/9, 7/11, 28/11, 9/1/23, 30/1.
Oxfordshire: 5/9, 26/9, 17/10, 7/11, 28/11, 19/12, 9/1/23, 30/1, 20/2.

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

MONDAY

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

(v,h) Broccoli and Sweetcorn Pasta Bake
in a creamy sauce with a grilled cheese topping
with Malted Wheat Baguette

(v) Jacket Potato-Cheddar Cheese

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

(v) Chocolate Mousse with Fruit
(vg,h) Homemade Ginger Biscuit
(v) Organic Yoghurt or Fresh Fruit

Choose a main meal...

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

(v,h) Cheddar Cheese and Potato Pie
with Crusty Bread

(v) Jacket Potato-Cheese and Beans

On the side...

Fresh Salad Bar
Vegetables of the Day
Baked Beans

For dessert...

(vg,h) Homemade Lemon Shortbread
(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-Cheddar Cheese

On the side...

Fresh Salad Bar
Vegetables of the Day
Onion Stuffing

For dessert...

(v,h) Homemade Chocolate Cherry
Sponge with Hot Choc Sauce
(v) Ice Cream Tub
(v) Organic Yoghurt or Fresh Fruit

THURSDAY

Choose a main meal...

(h) Beef Bolognese with Twisty Pasta
and Garlic Bread

(vg) Veggie Sausage Pattie in a
Breakfast Bap
with Baked Potato Wedges

(v) Jacket Potato-Tuna

On the side...

Fresh Salad Bar
Vegetables of the Day
Baked Beans

For dessert...

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

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

(v) Jacket Potato-Cheese and Beans

On the side...

Fresh Salad Bar
Peas or Baked Beans

For dessert...

(v) Ice Cream
(vg) Homemade Crunch Cookie
(v) Organic Yoghurt or Fresh Fruit

Week two

Coventry and Warwickshire: 12/9, 3/10, 14/11, 5/12, 16/1, 6/2, 27/2.
Leicestershire: 12/9, 3/10, 24/10, 14/11, 5/12, 16/1, 6/2, 27/2.
Oxfordshire: 12/9, 3/10, 14/11, 5/12, 16/1, 6/2, 27/2.

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

MONDAY

(h) Tuna Pasta Bake with a Freshly
Baked Wholegrain Baguette

(v) Veggie Toad in the Hole with
Creamy Mash and Gravy

(v) Jacket Potato- Cheddar Cheese

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

(vg,h) Homemade Flapjack
with Fruit Wedges
(v) Organic Yoghurt or Fresh Fruit

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

Baked Potato Wedges

(v) Jacket Potato-Cheese and Beans

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

(v) Ice Cream Tub
(vg,h) Homemade Chocolate Oatcake
(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- Cheddar Cheese

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

(v,h) Homemade Oaty Apple Crumble
and Custard
(v) Organic Yoghurt or Fresh Fruit

THURSDAY

Choose a main meal...

(h) Homemade Chicken Pie with
Creamy Mash and Gravy

(v) Cheese and Onion Pasty with
Crispy Diced Potatoes

(v) Jacket Potato- Tuna

On the side...

Baked Beans
Fresh Salad Bar
Vegetables of the Day

For dessert...

(v,h) Homemade
Crispy Cornflake Cookie
(v) Organic Yoghurt or Fresh Fruit

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

(msc) Breaded Fish Fillet
with Chips

(v,h) Roasted Vegetable Frittata
with Chips

(v) Jacket Potato-Cheese and Beans

On the side...

Fresh Salad Bar
Peas or Baked Beans

For dessert...

(v) Dinky Doughnuts with Chocolate
Sauce
(v) Ice Cream
(v) Organic Yoghurt or Fresh Fruit

Week three

Coventry and Warwickshire: 19/9, 10/10, 31/10, 21/11, 12/12, 2/1/23, 23/1, 13/2, 6/3.
Leicestershire: 29/8, 19/9, 10/10, 31/10, 21/11, 12/12, 2/1/23, 23/1 13/2, 6/3.
Oxfordshire: 19/9, 10/10, 31/10, 21/11, 12/12, 2/1/23, 23/1, 6/3.

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

MONDAY

(v) Cheese and Tomato Pizza
with Baked Potato Wedges

(v) Vegetable Korma with
Wholegrain Rice

(v) Jacket Potato- Cheddar Cheese

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

Choose a main meal...

Gold Medal Winning British Pork
Sausages with Creamy Mash and Gravy

(vg,h) Chinese Style Plant Based "Meat"
Balls with Noodles

(v) Jacket Potato-Cheese and Beans

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

(v) Chocolate or Strawberry Swirl
Mousse
(vg,h) Homemade Fruity Flapjack
(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 (v) Yorkshire Pudding

Crispy Roast Potatoes

Jacket Potato- Cheddar Cheese

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

(v,h) Homemade Iced Sponge with
Sprinkles and Custard
(v) Organic Yoghurt or Fresh Fruit

THURSDAY

Choose a main meal...

Chicken Fajita Wrap – tender breast
marinated in mild Mexican seasoning served
in a wrap with fresh salad

Plain chicken also available
served with Crispy Diced Potatoes

(v,h) Homemade School Favourite
Mac 'n' Cheese with Crusty Bread

(v) Jacket Potato- Tuna

On the side...

Fresh Salad Bar
Vegetables of the Day

For dessert...

Jelly with Fruit
(vg,h) Homemade Carrot and
Orange Cookie
(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

(v) Jacket Potato-Cheese and Beans

On the side...

Fresh Salad Bar
Peas or Baked Beans

For dessert...

(v) Cheddar Cheese, Crackers and
Apple Slices
(v) Ice Cream Tub
(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.

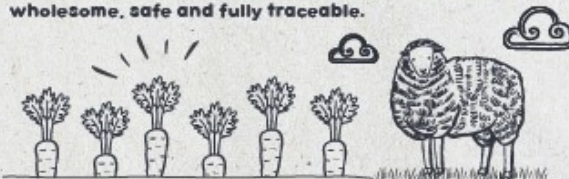


OUR INGREDIENTS

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:

Pirate Lunch - October

Bonfire Banquet - November

Football Themed Lunch - Nov/Dec

Traditional Christmas Lunch - December

Jungle Explorers Lunch - January

Winter Sports Lunch - February

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



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

educaterers  **A FOOD STORY**

www.educaterers.co.uk

Email: contactus@educaterers.co.uk

Menu may change to meet customer preferences

