



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

## 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

(vg) Breaded Vegetable Fingers

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**

(v) Cheese and Tomato Pizza 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 with Chipped Potatoes

(v,h) Jacket Potato with Cheddar Cheese

**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.