

Tracy's School Dinners

	Monday	Tuesday	Wednesday	Thursday	Friday
Weeks starting: 30/10/2023 20/11/2023 11/12/2023	Home-made Cheese and Tomato Pizza ¹² New Potatoes	Chinese Chicken ³ <i>Or Chinese Veg³</i> Prawn Cracker ¹ Steamed Rice	Pasta Bolognaise ¹ <i>Or</i> <i>Tomato Pasta¹</i> Garlic Bread ¹²	Roast Chicken <i>Or Vege Chicken¹</i> Stuffing Roast Potatoes, Gravy ¹	Omega 3 Fish Fingers ¹⁴⁵ <i>Or Vege Sticks⁴¹²</i> French Fries
Weeks starting: 06/11/2023 27/11/2023 18/12/2023	Jacket potato With choice of fillings ²⁵	Katsu Chicken Curry ¹ <i>Or Vege Curry¹</i> Steamed Rice	Lasagne ¹ <i>Or Vege Lasagne¹</i> Garlic Bread ¹²	Sausages in Gravy ¹ <i>Or Vege Sausage¹</i> Mashed Potatoes	Omega 3 Fish Fingers ¹⁴⁵ <i>Or Vege Sticks⁴¹²</i> French Fries
Weeks starting: 13/11/2023 04/12/2023	Home-made Cheese and Tomato Pizza ¹² New Potatoes	Savoury Mince <i>Or Vege Mince</i> in a Taco shell ¹ Steamed Rice	Meatballs in tomato sauce ¹ <i>Or Vege Meatballs¹</i> Pasta ¹	Roast Chicken <i>Or Vege Chicken¹</i> Stuffing Roast Potatoes, Gravy ¹	Omega 3 Fish Fingers ¹⁴⁵ <i>Or Vege Sticks⁴¹²</i> French Fries

All meals are served with seasonal vegetables or choice of salads.

Allergens – You must inform the school of ANY allergies your child has.

Wheat¹

Milk²

Soy³

Egg⁴

Subject to change at short notice.

Seafood⁵

Seasame seeds

*Peanut***

*Tree nuts***

*Sulphites**

Mustard

** Most food contains Sulphite, if your child is allergic to Sulphites please inform the school.*

***The School is a Nut free zone.*

A Vegan Menu is available on request.

'Dessert of the day' will be served where there is none specified.