

# Tracy's School Dinners

	Monday	Tuesday	Wednesday	Thursday	Friday
Weeks starting: 01/01/2024 22/01/2024 12/02/2024	Home-made Cheese and Tomato Pizza <sup>12</sup>  New Potatoes	Chinese Chicken <sup>3</sup> <i>Or Chinese Veg</i> <sup>3</sup> Prawn Cracker <sup>1</sup> Steamed Rice	Pasta Bolognaise <sup>1</sup> <i>Or</i> <i>Tomato Pasta</i> <sup>1</sup>  Garlic Bread <sup>12</sup>	Roast Chicken <i>Or Vege Chicken</i> <sup>1</sup> Stuffing Roast Potatoes, Gravy <sup>1</sup>	Omega 3 Fish Fingers <sup>145</sup> <i>Or Vege Sticks</i> <sup>412</sup>  French Fries
Weeks starting: 08/01/2024 29/01/2024	Jacket potato  With choice of fillings <sup>25</sup>	Katsu Chicken Curry <sup>1</sup> <i>Or Vege Curry</i> <sup>1</sup>  Steamed Rice	Lasagne <sup>1</sup> <i>Or Vege Lasagne</i> <sup>1</sup>  Garlic Bread <sup>12</sup>	Sausages in Gravy <sup>1</sup>  <i>Or Vege Sausage</i> <sup>1</sup>  Mashed Potatoes	Omega 3 Fish Fingers <sup>145</sup> <i>Or Vege Sticks</i> <sup>412</sup>  French Fries
Weeks starting: 15/01/2024 05/02/2024	Home-made Cheese and Tomato Pizza <sup>12</sup>  New Potatoes	Savoury Mince <i>Or Vege Mince</i> in a Taco shell <sup>1</sup>  Steamed Rice	Meatballs in tomato sauce <sup>1</sup> <i>Or Vege Meatballs</i> <sup>1</sup>  Pasta <sup>1</sup>	Roast Chicken <i>Or Vege Chicken</i> <sup>1</sup> Stuffing Roast Potatoes, Gravy <sup>1</sup>	Omega 3 Fish Fingers <sup>145</sup> <i>Or Vege Sticks</i> <sup>412</sup>  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.**

*Wheat*<sup>1</sup>

*Milk*<sup>2</sup>

*Soy*<sup>3</sup>

*Egg*<sup>4</sup>

Subject to change at short notice.

*Seafood*<sup>5</sup>

*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.**