

Tracy's School Dinners

	Monday	Tuesday	Wednesday	Thursday	Friday
Weeks starting: 08/03/2021 12/04/2021 03/05/2021 24/05/2021	Macaroni Cheese ¹²⁴ Yogurt ²	Beef burgers ¹ <i>Or Vege Burger¹</i> Home-made roll ¹ Potato Wedges Carrot & Orange cake ¹²⁴	Chicken Fajitas ¹ <i>Or Chargrilled Vege Fajitas¹</i> Steamed Rice Fruit Muffin ¹²⁴	Roast Pork with apple sauce <i>Or Vege Puff¹²⁴</i> Roast Potatoes, Gravy ¹ Rocky Road ²¹	Omega 3 Fish Fingers ¹⁴⁵ <i>Or Vege Grill⁴¹²</i> French Fries Homemade biscuit ¹
Weeks starting: 15/03/2021 19/04/2021 10/05/2021	Jacket Potato with choice of fillings ²⁵ French Stick ¹² Choc Ices ²	Sausage & Mash ¹ <i>Or Vege Sausage¹</i> Jelly & Ice Cream ¹⁴	Pasta Bolognese ¹ <i>Or Sweet Tomato Pasta¹</i> Garlic Bread ¹² Chocolate Oat Cake ¹²⁴	Roast Chicken wrapped in bacon Stuffing ¹ Roast Potatoes, Gravy ¹ <i>Or Vege Puff¹²⁴</i> Fruit Gateaux ¹²⁴	Omega 3 Fish Fingers ¹⁴⁵ <i>Or Vege Grill⁴¹²</i> French Fries Homemade biscuit ¹
Weeks starting: 22/03/2021 26/04/2021 17/05/2021	Home-made Cheese and Tomato Pizza ¹² Chocolate dessert pots ²	Cottage Pie <i>Or Cheese & Potato Pie</i> Banana Cake ¹⁴	Mild creamy Chicken & Sweet Potato Curry ² <i>Or Vege Curry²</i> Naan & Steamed Rice Fruit crumble Slice ¹²	Roast Turkey Roast Potatoes, Gravy ¹ <i>Or Vege Puff¹²⁴</i> Baked Fruit cheesecake ¹²⁴	Omega 3 Fish Fingers ¹⁴⁵ <i>Or Vege Grill⁴¹²</i> French Fries Homemade biscuit ¹

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

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

Wheat¹

Seafood⁵

Sulphites*

Milk²

Seasame seeds

Mustard

Soy³

Peanut**

Egg⁴

Tree nuts**

Subject to change at short notice.

**** 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.