



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main option 1	Vegetable cottage pie, with creamy mashed potato, gravy and fresh garden vegetables 🌱🌿	Mediterranean roasted vegetable puffed tart, with cheddar and mozzarella cheese	Veggie roast roll, with garden vegetables, roast potatoes, and gravy	Culinera margherita pizza, potato wedges	Vegan sausage roll, chips and baked beans
Main option 2	Jacket potato with cheese and beans	Culinera classic tomato & basil pasta	Jacket potato with cheese	Penne pasta with pesto sauce	Jacket potato with cheese and beans
Pudding	Whole fruit	Caramel crumble slice	Cherry bakewell flapjack	Doughnuts	Culinera brownie

What's on at break	Monday	Tuesday	Wednesday	Thursday	Friday
	Selection of pastries 🌿	Culinera beef burger	Pasta pot 🌿	Culinera chicken burger	Fish finger sandwich
	Chicken wings	Patatas bravas 🌿	BBQ chicken wrap	Seasoned wedges 🥑	Breakfast bagel

Menu Key

🌱 Vegan 🌿 Vegetarian ⚡ Added Plant Power

HEALTHY APPETITE?



 Under 600kcal
  Smaller portions available
  Reduced sugar recipe
  Healthy eating points



by culinera




Showcase mains at The Swan School - April 2024



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main option 1	Ultimate mac "N" cheese, garlic bread & roasted seasonal veg	Cauliflower tikka masala, with coconut rice, naan and poppadums	Garlic roasted vegetable kebab, with flatbread and yoghurt dressing  	Rich vegetable lasagne garlic bread & house salad	Southern fried Quorn burger curly fries & BBQ beans
Main option 2	Jacket potato with cheese and beans	Culinera classic tomato & basil pasta	Jacket potato with cheese	Penne pasta with pesto sauce	Jacket potato with cheese and beans
Pudding	Rocky roll	Whole fruit	Lemon drizzle	Chocolate chip cookie	American style pancakes, whipped cream & chocolate sauce

What's on at break	Monday	Tuesday	Wednesday	Thursday	Friday
	Selection of pastries 	Culinera beef burger	Pasta pot 	Culinera chicken burger	Fish finger sandwich
	Chicken wings	Patatas bravas 	BBQ chicken wrap	Seasoned wedges 	Breakfast bagel

Menu Key

 Vegan  Vegetarian  Added Plant Power

HEALTHY APPETITE?

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ALLERGENS – Please inform a Culinera Allergen Champion of any allergies or dietary requirements.