



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main option 1</b>	Homity Cheese and vegetable pie, roast broccoli and green beans	Red Thai Quorn curry, rice and Thai basil bread	The Picnic Box - cheese sandwiches, crudites, pesto pasta salad, sour cream and chive crisps	Slow cooked ragu lasagne, garlic bread, salad	Vegan sausage roll, chunky chips, and baked beans
<b>Main option 2</b>	Penne pasta with tomato and basil sauce	Jacket potato with cheese and beans	Jacket potato with beans	Penne pasta with pesto sauce	Penne pasta with tomato and basil sauce
<b>Pudding</b>	Chocolate flapjack	Watermelon wedge	Chocolate and ginger biscuit	Doughnuts	Treacle sponge

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 - September 2024



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main option 1</b>	Mac and cheese, peas and sweetcorn with herby garlic bread	Teriyaki tofu and veggie noodles, vegetable spring rolls	Fully Loaded Nachos - tortillas topped with chilli, cheese, and sour cream. Side of corn on the cob.	Cheese, tomato and basil pizza with potato wedges and side salad	Southern fried Quorn burger served with curly fries and BBQ beans
<b>Main option 2</b>	Jacket potato with cheese and beans	Culinera classic tomato & basil pasta	Penne pasta with pesto	Jacket potato with cheese and beans	Penne pasta with tomato and basil sauce
<b>Pudding</b>	Toffee fruit cake	Rocky road	Chocolate chip cookie	Brownie	Belgium waffle sticks

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

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