

# Tracy's School Dinners

	Monday	Tuesday	Wednesday	Thursday	Friday
Weeks starting: 02/09/2024 23/09/2024 14/10/2024	Home-made Cheese and Tomato Pizza <sup>12</sup>  Potato of the day	Pork and Apple Burger <sup>1</sup> <i>Or Vege burger<sup>1</sup></i>  Cous cous <sup>1</sup>	Macaroni Cheese <sup>12</sup>  Garlic Bread <sup>12</sup>	Roast Chicken <i>Or Quorn fillet<sup>1</sup></i> Stuffing Roast Potatoes, Gravy <sup>1</sup>	Omega 3 Fish Fingers <sup>145</sup> <i>Or Vege Sticks<sup>412</sup></i>  French Fries
Weeks starting: 09/09/2024 30/09/2024 21/10/2024	Home-made Cheese and Tomato Pizza <sup>12</sup>  Potato of the day	Chicken Fajita <sup>1</sup> <i>Or</i> <i>Vege Fajita<sup>1</sup></i>  Steamed Rice	Pasta Bolognese <sup>1</sup> <i>Or</i> <i>Tomato Pasta<sup>1</sup></i>  Garlic Bread <sup>12</sup>	Sausages in Gravy <sup>1</sup>  <i>Or Vege Sausage<sup>1</sup></i>  Mashed Potatoes	Omega 3 Fish Fingers <sup>145</sup> <i>Or Vege Sticks<sup>412</sup></i>  French Fries
Weeks starting: 16/09/2024 07/10/2024	Home-made Cheese and Tomato Pizza <sup>12</sup>  Potato of the day	Sausage in Home-made roll <sup>1</sup> <i>Or</i> <i>Vege sausage in a roll<sup>12</sup></i>	Jacket Potato with a choice of fillings <sup>25</sup>	Roast Chicken <i>Or Quorn fillet<sup>1</sup></i> Stuffing Roast Potatoes, Gravy <sup>1</sup>	Omega 3 Fish Fingers <sup>145</sup> <i>Or Vege Sticks<sup>412</sup></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.**

***Wheat<sup>1</sup>***

***Milk<sup>2</sup>***

***Soy<sup>3</sup>***

***Egg<sup>4</sup>***

***Seafood<sup>5</sup>***

***Seasame seeds***

***Peanut<sup>\*\*</sup>***

***Tree nuts<sup>\*\*</sup>***

***Sulphites<sup>\*</sup>***

***Mustard***

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

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

***Subject to change at short notice.***

**A home-made pudding with a fruit option will be served every day.**