

Showcase mains at The Swan School - January 2025



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main option 1	Homity cheese and potato pie, roasted broccoli and green beans	Quorn tikka masala with spinach, potatoes, turmeric rice and naan bread	Vegetarian sausage, mash and onion gravy	Slow cooked ragu lasagne, garlic bread and salad	Hot dog, chunky chips and baked beans
Main option 2	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
Pudding	Chocolate flapjack	Doughnuts	Gingerbread	Red velvet cake	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
	Chef special	Chef special	Chef special	Chef special	Chef special

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.

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main option 1	Vegetable stroganoff with tagliatelle	Teriyaki tofu and veggie noodles served with vegetable spring rolls	Pitta bread, falafel and roasted vegetables with a minty yoghurt dip	Tomato and basil pizza with seasoned potato wedges and salad	Southern fried Quorn burger curly fries & BBQ beans
Main option 2	Jacket potato with cheese and beans	Penne pasta with tomato and basil sauce	Penne pasta with pesto sauce	Jacket potato with cheese and beans	Penne pasta with tomato and basil sauce
Pudding	Culinera flapjack	Watermelon slices	Chocolate shortbread	Rocky road	Iced sponge

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