

The Eatery @ St Francis

Menu: Sept – Dec 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 02/09/2024 23/09/2024 14/10/2024 04/11/2024 25/11/2024 16/12/2024	Chicken burger ⁵ Veggie burger (v) ⁵ Tomato soup with baguette ^{5 1} School packed lunch	Cauliflower broccoli cheese with chicken ^{1 5} Honey and soy veggie noodles (v) ^{1 2} Scrambled egg on toast School packed lunch	Pork stew with mash potato Tomato and cheese pasta bake (v) ^{5 1} Tomato soup with baguette ^{5 1} School packed lunch	Ham and cheese pizza ^{5 1} Cheese and tomato pizza (v) ^{5 1} Jacket potato with filling ^{1 6} School Packed Lunch	Fish fingers and chips ^{5 6} Veggie fingers and chips (v) ⁵ Jacket Potato (choice of fillings) ^{1 6} School Packed Lunch
Week 2 09/09/2024 30/09/2024 21/10/2024 11/11/2024 02/12/2024	Chicken sausages ^{5 4} Vegan sausages (v) ⁵ Tomato soup with baguette ^{5 1} School Packed Lunch	Pepperoni and cheese quesadilla ^{5 1} Falafel quesadilla (v) ^{5 1} Scrambled egg on toast ^{5 2} School Packed Lunch	Fish Pie ^{1 5 6} Mac and cheese (v) ^{5 1} Tomato soup with baguette ^{5 1} School Packed Lunch	Beef cottage pie Vegan cottage pie (v) Jacket Potato (choice of fillings) ^{1 6} School Packed Lunch	Chicken goujons and chips ⁵ Veggie Nuggets with chips (v) ⁵ Jacket Potato (choice of fillings) ^{1 6} School Packed Lunch
Week 3 16/09/2024 07/10/2024 18/11/2024 09/12/2024	Hot sausage rolls ⁵ Veggie Omelette (v) ^{2 1} Tomato soup with baguette ^{5 1} School Packed Lunch	Beef curry and rice Veggie curry and rice (v) Scrambled egg on toast ^{1 2} School Packed Lunch	All day breakfast Quorn paella (v) Tomato soup with baguette ^{5 1} School Packed Lunch	Roast chicken and Yorkshire puddings ⁵ Vegan sausage Yorkshire pudding (v) ⁵ Jacket Potato (choice of fillings) ^{1 6} School Packed Lunch	Cod dogs and chips ^{5 6} Veggie Burrito and chips (v) ^{1 5} Jacket Potato (choice of fillings) ^{1 6} School Packed Lunch

All lunches are served with potatoes, a selection of vegetables and/or salad

Dessert choices each day; made-on-site cake/traybake/biscuit, yoghurt, fruit salad

School Packed Lunch contents:

White Roll/Sandwich with a choice of ham, cheese or jam ^{1 5}
 Cheese stick/string/babybel ¹
 Packet of crisps
 Piece of fruit/vegetable
 Biscuit/cake/muffin/flapjack ^{1 5}
 Drink

Key to symbols (food contains):

1. Dairy
2. Eggs
3. Celery
4. Sulphates
5. Gluten
6. Fish
7. Lupin
8. Mustard
9. Soy

Hard copies of recipes showing all
 ingredients and allergens is available by
 request to:

Chef@stfrancis.swindon.sch.uk