



School Menu

Autumn - Winter 2018/19

Week 1

Week commencing
5 Sept, 24 Sept, 15 Oct,
12 Nov, 3 Dec, 7 Jan,
28 Jan



THE WEST PARK ACADEMY
LABOR. OMNIA VINCIT



By Day

First Course

Second Course

Monday

Margherita pizza,
jacket wedges

Gluten Milk



Fruit yoghurt

Milk



Tuesday

Spaghetti Bolognese,
crusty bread

Gluten Fish Sesame

VEGETARIAN OPTION AVAILABLE



Coconut sponge
& custard

Milk Egg Gluten Sulphur Dioxide



Wednesday

Chicken & lentil curry
& rice

Mustard Celery Milk

VEGETARIAN OPTION AVAILABLE



Cornflake tart
& custard

Milk Gluten Sulphur Dioxide



Thursday

Nottinghamshire
sausage, gravy
& mashed potatoes

Gluten

VEGETARIAN OPTION AVAILABLE



Fruit yoghurt

Milk



Friday

MSC fish finger wrap,
noisette potatoes

Fish Gluten Milk

VEGETARIAN OPTION AVAILABLE



Magic chocolate
pudding
& chocolate sauce

Milk Egg Gluten



Served Daily

Fruit yoghurt Milk (when a pudding is being served) **Best of both bread** Gluten and Soya
Seasonal vegetables available daily **Coleslaw** Egg when served



School Menu

Autumn - Winter 2018/19

Week 2

Week commencing
10 Sept, 1 Oct, 22 Oct,
19 Nov, 10 Dec, 14 Jan,
4 Feb



THE WEST PARK ACADEMY
LABOR. OMNIA VINCIT



By Day

First Course

Second Course

Monday

Vegetarian sausage roll
& gravy,
roast new potatoes

Celery Milk Gluten



Fruit yoghurt

Milk



Tuesday

Nottinghamshire
sausage, onion gravy,
mashed potatoes &
Yorkshire pudding

Gluten Egg Milk

VEGETARIAN OPTION AVAILABLE



Crispy jam tart
& custard

Milk Gluten Sulphur Dioxide



Wednesday

Pasta Bolognese,
garlic slice

Milk Fish Gluten

VEGETARIAN OPTION AVAILABLE



Chocolate ice cream roll
& chocolate sauce

Soya Milk Egg Gluten



Thursday

Roast turkey,
stuffing, gravy,
roast & mashed potatoes

Gluten

VEGETARIAN OPTION AVAILABLE



Fruit flapjack
& milkshake

Gluten Milk



Friday

MSC fish goujons,
jacket wedges

Gluten Fish

VEGETARIAN OPTION AVAILABLE



Fruit in jelly
& cream swirl

Milk



Served Daily

Fruit yoghurt Milk (when a pudding is being served) **Best of both bread** Gluten and Soya
Seasonal vegetables available daily **Coleslaw** Egg when served



School Menu

Autumn - Winter 2018/19

Week 3

Week commencing
17 Sept, 8 Oct, 5 Nov,
26 Nov, 17 Dec, 21 Jan,
11 Feb



THE WEST PARK ACADEMY
LABOR. OMNIA VINCIT



By Day

First Course

Second Course

Monday

Quorn dippers
in a tortilla wrap,
jacket wedges

Milk Egg Gluten



Honey & oatmeal cookie
& milkshake

Gluten Milk



Tuesday

Venison burger
in a bun,
jacket wedges

Soya Milk Egg Gluten

VEGETARIAN OPTION AVAILABLE



Butterscotch tart

Gluten Milk



Wednesday

Mediterranean
chicken pasta,
garlic slice

Gluten Milk

VEGETARIAN OPTION AVAILABLE



Cherry shortcake
& custard

Milk Gluten Egg



Thursday

Roast gammon,
Yorkshire pudding, gravy,
mashed & roast potatoes

Gluten Egg Milk

VEGETARIAN OPTION AVAILABLE



Cheese crackers
& apple wedge

Milk Gluten



Friday

MSC breaded fish,
ovenchips

Fish Gluten

VEGETARIAN OPTION AVAILABLE



Apple sponge
& custard

Milk Egg Gluten



Served Daily

Fruit yoghurt Milk (when a pudding is being served) **Best of both bread** Gluten and Soya
Seasonal vegetables available daily **Coleslaw** Egg when served