



## School Menu

### Autumn - Winter 2018/19

## Week 1

Week commencing

5 Sept, 24 Sept, 15 Oct,

12 Nov, 3 Dec, 7 Jan,

28 Jan



Westdale  
Junior School



### MONDAY



Margherita pizza,  
jacket wedges

Gluten Milk

OR



Rigatoni Florentina  
pasta, garlic slice

Gluten Milk

OR



Apple & blackberry  
crumble & custard

Milk Gluten

### TUESDAY



Spaghetti Bolognese,  
crusty bread

Gluten Fish Sesame

VEGETARIAN OPTION AVAILABLE

OR



Quorn Bolognese,  
crusty bread

Gluten Egg

OR



Chocolate brownie

Gluten

### WEDNESDAY



Hot dog in a roll,  
potato noisette

Soya Milk Egg Gluten

VEGETARIAN OPTION AVAILABLE

OR



Jacket potato & cheese  
or baked beans or tuna  
& mixed salad

Milk Egg Fish

OR



Cornflake tart  
& custard

Milk Gluten Sulphur Dioxide

### THURSDAY



Roast pork, stuffing,  
gravy, roast & mashed  
potatoes

Gluten

VEGETARIAN OPTION AVAILABLE

OR



Quorn roast, stuffing,  
gravy, roast & mashed  
potatoes

Milk Egg Gluten

OR



Spiced carrot cake  
& custard

Milk Egg Gluten Sulphur Dioxide

### FRIDAY



MSC fish finger wrap,  
noisette potatoes

Fish Gluten Milk

VEGETARIAN OPTION AVAILABLE

OR



Jacket potato & cheese  
or baked beans or tuna  
& mixed salad

Milk Egg Fish

OR



Magic chocolate  
pudding  
& chocolate sauce

Milk Egg Gluten

**AVAILABLE 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



Westdale  
Junior School



#### MONDAY



Vegetarian sausage roll  
& gravy,  
roast new potatoes

Celery Milk Gluten

OR



Jacket potato & cheese  
or baked beans or tuna  
& mixed salad

Milk Egg Fish

OR



Butterscotch mousse  
& banana

Milk

#### TUESDAY



Nottinghamshire  
sausage, onion gravy,  
mashed potatoes &  
Yorkshire pudding

Gluten Egg Milk

VEGETARIAN OPTION AVAILABLE

OR



Quorn sausage,  
onion gravy,  
mashed potatoes &  
Yorkshire pudding

Gluten Egg Milk

OR



Crispy jam tart  
& custard

Milk Gluten Sulphur Dioxide

#### WEDNESDAY



Cheesy cottage pie  
& gravy

Milk Fish

VEGETARIAN OPTION AVAILABLE

OR



Jacket potato & cheese  
or baked beans or tuna  
& mixed salad

Milk Egg Fish

OR



Chocolate ice cream  
roll & chocolate sauce

Soya Milk Egg Gluten

#### THURSDAY



Roast turkey, stuffing,  
gravy, roast & mashed  
potatoes

Gluten

VEGETARIAN OPTION AVAILABLE

OR



Quorn roast, stuffing,  
gravy, roast & mashed  
potatoes

Milk Egg Gluten

OR



Fruit flapjack  
& milkshake

Gluten Milk

#### FRIDAY



MSC fish goujons,  
jacket wedges

Gluten Fish

VEGETARIAN OPTION AVAILABLE

OR



Macaroni vegetable  
cheese,  
garlic slice

Mustard Milk Gluten

OR



Fruit in jelly  
& cream swirl

Milk

**AVAILABLE 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



Westdale  
Junior School



#### MONDAY



Quorn dippers  
in a tortilla wrap,  
jacket wedges

Milk Egg Gluten

**OR**



Pasta Neapolitan,  
garlic slice

Milk Gluten

**OR**



Honey & oatmeal  
cookie & milkshake

Gluten Milk

#### TUESDAY



Venison burger  
in a bun,  
jacket wedges

Soya Milk Egg Gluten

VEGETARIAN OPTION AVAILABLE

**OR**



Vegetable burger  
in a bun,  
jacket wedges

Soya Egg Milk Gluten

**OR**



Butterscotch tart

Gluten Milk

#### WEDNESDAY



Porkies in gravy,  
roast potatoes &  
Yorkshire pudding

Gluten Egg Milk

VEGETARIAN OPTION AVAILABLE

**OR**



Jacket potato & cheese  
or baked beans or tuna  
& mixed salad

Milk Egg Fish

**OR**



Cherry shortcake  
& custard

Milk Gluten Egg

#### THURSDAY



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

Gluten Egg Milk

VEGETARIAN OPTION AVAILABLE

**OR**



Quorn roast,  
Yorkshire pudding,  
roast & mashed  
potatoes

Gluten Egg Milk

**OR**



Lcky sticky pudding  
& custard

Milk Egg Gluten

#### FRIDAY



MSC breaded fish,  
ovenchips

Fish Gluten

VEGETARIAN OPTION AVAILABLE

**OR**



Lentil Dahl

Mustard Celery

**OR**



Rice pudding  
& jam

Milk Sulphur Dioxide

**AVAILABLE 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