



School Menu

Autumn - Winter 2018/19

Week 1

Week commencing

5 Sept, 24 Sept, 15 Oct,

12 Nov, 3 Dec, 7 Jan,

28 Jan



By Day

First Course

Second Course

Monday

Margherita pizza,
jacket wedges

Gluten Milk



Chocolate rice pudding

Milk



Tuesday

MSC fish nuggets,
tomato dip & salad

Fish

VEGETARIAN OPTION AVAILABLE



Spaghetti Bolognese,
crusty bread

Gluten Fish Sesame

VEGETARIAN OPTION AVAILABLE



Wednesday

Chicken casserole,
mashed potatoes,
Yorkshire pudding

Egg Milk Gluten

VEGETARIAN OPTION AVAILABLE



Cornflake tart
& custard

Milk Gluten Sulphur Dioxide



Thursday

Roast pork,
stuffing, gravy,
roast & mashed potatoes

Gluten

VEGETARIAN OPTION AVAILABLE



Spiced carrot cake
& custard

Milk Egg Gluten Sulphur Dioxide



Friday

MSC fish finger wrap,
noisette potatoes

Fish Gluten Milk

VEGETARIAN OPTION AVAILABLE



Fruit salad

Allergen free



Served Daily

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



By Day

First Course

Second Course

Monday

Vegetarian sausage roll
& gravy,
roast new potatoes

Celery Milk Gluten



Butterscotch mousse
& banana

Milk



Tuesday

BBQ pulled pork
in pitta bread,
jacket wedges

Gluten

VEGETARIAN OPTION AVAILABLE



Chocolate brownie

Gluten



Wednesday

Beef vegetable pie
& gravy,
mashed potatoes

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 medley
with yoghurt & honey

Milk



Friday

Tomato & mozzarella
bruschetta & salad

Milk Gluten Sesame



MSC fish goujons,
jacket wedges

Gluten Fish

VEGETARIAN OPTION AVAILABLE



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



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

BBQ chilli beef wrap,
savoury rice

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



Rice pudding
& jam

Milk Sulphur Dioxide



Served Daily

Best of both bread Gluten and Soya
Seasonal vegetables available daily **Coleslaw** Egg when served