



School Menu

Autumn - Winter 2018/19

Week 1

Week commencing

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



Primary and Nursery School



MONDAY



Margherita pizza,
jacket wedges

Gluten Milk

OR



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

Milk Egg Fish

DESSERT



Apple & blackberry
crumble & custard

Milk Gluten

TUESDAY



Spaghetti Bolognese,
crusty bread

Gluten Fish Sesame

VEGETARIAN OPTION AVAILABLE

OR



Quorn Bolognese,
crusty bread

Gluten Egg

DESSERT



Pancake
with frozen yoghurt
& hot cherries

Milk Egg Gluten Sulphur Dioxide

WEDNESDAY



Chicken &
lentil casserole,
mashed potatoes,
Yorkshire pudding

Egg Milk Gluten

VEGETARIAN OPTION AVAILABLE

OR



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

Milk Egg Fish

DESSERT



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

DESSERT



Spiced carrot cake
& custard

Milk Egg Gluten Sulphur Dioxide

FRIDAY



MSC poached fish
& parsley sauce,
mashed potatoes

Milk Fish Gluten

VEGETARIAN OPTION AVAILABLE

OR



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

Milk Egg Fish

DESSERT



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



Primary and Nursery School



MONDAY



Vegetarian sausage roll & gravy, roast new potatoes

Celery Milk Gluten

OR



Macaroni vegetable cheese, garlic slice

Mustard Milk Gluten

DESSERT



Fruit salad

Allergen free

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

DESSERT



Chocolate brownie

Gluten

WEDNESDAY



Pasta Bolognese, garlic slice

Milk Fish Gluten

VEGETARIAN OPTION AVAILABLE

OR



Quorn Bolognese, garlic slice

Egg Gluten

DESSERT



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

DESSERT



Fruit flapjack & milkshake

Gluten Milk

FRIDAY



MSC fish goujons, jacket wedges

Gluten Fish

VEGETARIAN OPTION AVAILABLE

OR



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

Milk Egg Fish

DESSERT



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



Primary and Nursery School



FOOD SERVED FOR LIFE
Soil Association

MONDAY



Quorn dippers
in a tortilla wrap,
jacket wedges

Milk Egg Gluten

OR



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

Milk Egg Fish

DESSERT



Fruit salad

Allergen free

TUESDAY



Venison burger
in a bun,
jacket wedges

Soya Milk Egg Gluten

VEGETARIAN OPTION AVAILABLE

OR



Quorn burger
in a bun,
jacket wedges

Soya Milk Egg Gluten

DESSERT



Butterscotch tart

Gluten Milk

WEDNESDAY



Hot dog in a roll,
potato noisette

Soya Milk Egg Gluten

VEGETARIAN OPTION AVAILABLE

OR



Quorn hot dog
in a roll,
potato noisette

Soya Milk Egg Gluten

DESSERT



Apple & rhubarb
crumble & custard

Milk Gluten

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

DESSERT



Cheese crackers
& apple wedge

Milk Gluten

FRIDAY



MSC breaded fish,
ovenchips

Fish Gluten

VEGETARIAN OPTION AVAILABLE

OR



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

Milk Egg Fish

DESSERT



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