



## School Menu

Autumn - Winter 2018/19

### Week 1

Week commencing

5 Sept, 24 Sept, 15 Oct,

12 Nov, 3 Dec, 7 Jan,

28 Jan

John T. Rice  
Infant and  
Nursery School



### By Day

#### First Course

#### Second Course

Monday

Margherita pizza,  
jacket wedges

Gluten Milk



Apple & blackberry  
crumble & custard

Milk Gluten



Tuesday

Spaghetti Bolognese,  
crusty bread

Gluten Fish Sesame

VEGETARIAN OPTION AVAILABLE



Coconut sponge  
& custard

Milk Egg Gluten Sulphur Dioxide



Wednesday

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

Milk Egg Fish



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



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

John T. Rice  
Infant and  
Nursery School



### By Day

#### First Course

#### Second Course

Monday

Cheese & bacon  
pinwheel & salad

Milk Gluten

VEGETARIAN OPTION AVAILABLE



Strawberry mousse  
& fruit

Milk



Tuesday

Nottinghamshire  
sausage, onion gravy,  
mashed potatoes &  
Yorkshire pudding

Gluten Egg Milk

VEGETARIAN OPTION AVAILABLE



Brownie

Gluten



Wednesday

Pasta Bolognese,  
garlic slice

Milk Fish Gluten

VEGETARIAN OPTION AVAILABLE



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

John T. Rice  
Infant and  
Nursery School



### 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

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

Milk Egg Fish



Cherry shortcake  
& custard

Milk Gluten Egg



Thursday

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

Gluten Egg Milk

VEGETARIAN OPTION AVAILABLE



Icky sticky pudding  
& custard

Milk Egg Gluten



Friday

MSC breaded fish,  
ovenchips

Fish Gluten

VEGETARIAN OPTION AVAILABLE



Apricot slice  
& custard

Milk 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