



## School Menu

### Autumn - Winter 2018/19

## Week 1

Week commencing

5 Sept, 24 Sept, 15 Oct,

12 Nov, 3 Dec, 7 Jan,

28 Jan



### 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**



Freshly filled roll  
& salad - cheese, ham,  
tuna or egg

Soya Egg Gluten Sesame Milk Fish

### DESSERT



Pancake with frozen  
yoghurt & hot cherries

Milk Egg Gluten Sulphur Dioxide

### WEDNESDAY



Chicken pasta bake,  
garlic slice

Gluten Milk

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



Nottinghamshire  
sausage, gravy &  
mashed potatoes

Gluten

VEGETARIAN OPTION AVAILABLE

**OR**



Freshly filled roll &  
salad - cheese, ham,  
tuna or egg

Soya Egg Gluten Sesame Milk Fish

### DESSERT



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

### 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



### MONDAY



Macaroni vegetable  
cheese,  
garlic slice

Mustard Milk Gluten

OR



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

Milk Egg Fish

### DESSERT



Fruit salad

Allergen free

### TUESDAY



Nottinghamshire  
sausage, onion gravy,  
mashed potatoes &  
Yorkshire pudding

Gluten Egg Milk

VEGETARIAN OPTION AVAILABLE

OR



Freshly filled roll  
& salad - cheese, ham,  
tuna or egg

Soya Egg Gluten Sesame Milk Fish

### DESSERT



Chocolate brownie

Gluten

### WEDNESDAY



Pasta Bolognese,  
garlic slice

Milk Fish Gluten

VEGETARIAN OPTION AVAILABLE

OR



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

Milk Egg Fish

### DESSERT



Chocolate ice cream  
roll & chocolate sauce

Soya Milk Egg Gluten

### THURSDAY



Turkey wrap,  
roast potatoes

Egg Gluten

VEGETARIAN OPTION AVAILABLE

OR



Freshly filled roll  
& salad - cheese, ham,  
tuna or egg

Soya Egg Gluten Sesame Milk Fish

### 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



#### MONDAY



Quorn dippers  
in a tortilla wrap,  
jacket wedges

Milk Egg Gluten

OR



Cheese & tomato  
quiche, potato  
croquettes

Milk Egg Gluten

#### DESSERT



Honey & oatmeal  
cookie & milkshake

Gluten Milk

#### 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



Mediterranean chicken  
pasta,  
garlic slice

Gluten Milk

VEGETARIAN OPTION AVAILABLE

OR



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

Milk Egg Fish

#### DESSERT



Apple & rhubarb  
crumble & custard

Milk Gluten

#### THURSDAY



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

Gluten Egg Milk

VEGETARIAN OPTION AVAILABLE

OR



Freshly filled roll  
& salad - cheese, ham,  
tuna or egg

Soya Egg Gluten Sesame Milk Fish

#### DESSERT



Lcky sticky pudding  
& custard

Milk Egg Gluten

#### FRIDAY



Tuna & sweetcorn  
pasta bake,  
garlic slice

Milk Fish Gluten

VEGETARIAN OPTION AVAILABLE

OR



Pasta Neopolitan,  
garlic slice

Milk Gluten

#### DESSERT



Rice pudding  
& jam

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