



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



Apple & blackberry
crumble & custard

Milk Gluten



Tuesday

Spaghetti Bolognese,
crusty bread

Gluten Fish Sesame



Coconut sponge
& custard

Milk Egg Gluten Sulphur Dioxide



Wednesday

MSC fish nuggets,
tomato dip & salad

Fish

VEGETARIAN OPTION AVAILABLE



Turkey & vegetable pie,
gravy,
roast baby potatoes

Milk Fish Gluten

VEGETARIAN OPTION AVAILABLE



Thursday

Roast pork,
stuffing, gravy,
roast & mashed potatoes

Gluten

VEGETARIAN OPTION AVAILABLE



Spiced carrot cake
& custard

Milk Egg Gluten Sulphur Dioxide



Friday

Tomato & mozzarella
bruschetta & salad

Milk Gluten Sesame



MSC fish finger wrap,
noisette potatoes

Fish Gluten Milk

VEGETARIAN OPTION AVAILABLE



Served Daily

Jacket potato with cheese, baked
beans or tuna mayo with mixed salad

Milk, Fish, Egg

OR

Freshly filled roll with cheese,
ham, tuna mayo or egg and salad

Soya Egg Sesame Gluten, Milk Fish

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



By Day

First Course

Second Course

Monday

Vegetarian sausage roll & gravy,
roast new potatoes

Celery Milk Gluten



Butterscotch mousse & banana

Milk



Tuesday

MSC fish nuggets,
tomato dip & salad

Fish

VEGETARIAN OPTION AVAILABLE



Nottinghamshire sausage,
onion gravy,
mashed potatoes &
Yorkshire pudding

Gluten Egg Milk

VEGETARIAN OPTION AVAILABLE



Wednesday

Cheesy cottage pie & gravy

Milk Fish



Chocolate 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

Tomato & mozzarella
bruschetta & salad

Milk Gluten Sesame



MSC fish goujons,
jacket wedges

Gluten Fish

VEGETARIAN OPTION AVAILABLE



Served
Daily

Jacket potato with cheese, baked
beans or tuna mayo with mixed salad

Milk, Fish, Egg

OR

Freshly filled roll with cheese,
ham, tuna mayo or egg and salad

Soya Egg Sesame Gluten, Milk Fish

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



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



Butterscotch tart

Gluten Milk



Wednesday

MSC fish nuggets,
tomato dip & salad

Fish

VEGETARIAN OPTION AVAILABLE



Mediterranean
chicken pasta,
garlic slice

Gluten Milk

VEGETARIAN OPTION AVAILABLE



Thursday

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

Gluten Egg Milk

VEGETARIAN OPTION AVAILABLE



Cheese crackers
& apple wedge

Milk Gluten



Friday

Tomato & mozzarella
bruschetta & salad

Milk Gluten Sesame



MSC breaded fish,
ovenchips

Fish Gluten

VEGETARIAN OPTION AVAILABLE



Served Daily

Jacket potato with cheese, baked
beans or tuna mayo with mixed salad

Milk, Fish, Egg

OR

Freshly filled roll with cheese,
ham, tuna mayo or egg and salad

Soya Egg Sesame Gluten, Milk Fish

Fruit yoghurt Milk (when a pudding is being served) **Best of both bread** Gluten and Soya
Seasonal vegetables available daily **Coleslaw** Egg when served