



School Menu

Autumn - Winter 2018/19

Week 1

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



Robert Mellors
Primary and
Nursery School



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Margherita pizza,
jacket wedges

Gluten Milk



Beef & vegetable
fajitas,
savoury rice

Gluten

VEGETARIAN OPTION AVAILABLE

OR



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

Milk Egg Fish



Chicken pasta bake,
garlic slice

Gluten Milk

VEGETARIAN OPTION AVAILABLE

OR



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

Milk Egg Fish



Nottinghamshire
sausage, gravy
& mashed potatoes

Gluten

VEGETARIAN OPTION AVAILABLE



Quorn sausage,
gravy
& mashed potatoes

Milk Egg Gluten



MSC fish finger wrap,
noisette potatoes

Fish Gluten Milk

VEGETARIAN OPTION AVAILABLE



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

Milk Egg Fish

DESSERT



Apple & blackberry
crumble & custard

Milk Gluten

DESSERT



Coconut sponge
& custard

Milk Egg Gluten Sulphur Dioxide

DESSERT



Fruit salad

Allergen free

DESSERT



Date slice
& custard

Milk Gluten

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



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Primary and
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MONDAY



Macaroni vegetable
cheese,
garlic slice

Mustard Milk Gluten

TUESDAY



BBQ pulled pork
in pitta bread,
jacket wedges

Gluten

VEGETARIAN OPTION AVAILABLE

OR



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

Milk Egg Fish

WEDNESDAY



Pasta Bolognese,
garlic slice

Milk Fish Gluten

VEGETARIAN OPTION AVAILABLE



Quorn bolognese,
garlic slice

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

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 salad

Allergen free

DESSERT



Chocolate brownie

Gluten

DESSERT



Chocolate ice cream
roll & chocolate sauce

Soya Milk Egg Gluten

DESSERT



Fruit flapjack
& milkshake

Gluten Milk

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



Robert Mellors
Primary and
Nursery School



MONDAY



Quorn dippers
in a tortilla wrap,
jacket wedges

Milk Egg Gluten

TUESDAY



Venison burger
in a bun,
jacket wedges

Soya Milk Egg Gluten

VEGETARIAN OPTION AVAILABLE

WEDNESDAY



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

FRIDAY



MSC breaded fish,
ovenchips

Fish Gluten

VEGETARIAN OPTION AVAILABLE



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

Milk Egg Fish



Quorn burger
in a bun,
jacket wedges

Soya Milk Egg Gluten



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

Soya Egg Gluten Sesame Milk Fish



Quorn roast,
Yorkshire pudding,
roast & mashed
potatoes

Gluten Egg Milk



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

Milk Egg Fish

DESSERT



Honey & oatmeal
cookie
& milkshake

Gluten Milk

DESSERT



Fruit salad
& frozen yoghurt

Milk

DESSERT



Apple & rhubarb
crumble & custard

Milk Gluten

DESSERT



Cheese crackers
& apple wedge

Milk Gluten

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