



## School Menu

### Autumn - Winter 2018/19

### Week 1

Week commencing

5 Sept, 24 Sept, 15 Oct,

12 Nov, 3 Dec, 7 Jan,

28 Jan

### St Wilfrids C of E Primary School



#### MONDAY



Margherita pizza,  
jacket wedges

Gluten Milk

**OR**



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

Milk Egg Fish



Apple & blackberry  
crumble & custard

Milk Gluten

#### TUESDAY



Crispy potato dippers,  
BBQ dip & salad

Gluten



Spaghetti Bolognese,  
crusty bread

Gluten Fish Sesame

VEGETARIAN OPTION AVAILABLE

**OR**



Quorn Bolognese,  
crusty bread

Gluten Egg

#### WEDNESDAY



Turkey & vegetable pie,  
gravy,  
roast baby potatoes

Milk Fish Gluten

VEGETARIAN OPTION AVAILABLE

**OR**



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

Milk Egg Fish



Fruit salad

Allergen free

#### THURSDAY



MSC fish nuggets,  
tomato dip & salad

Fish

VEGETARIAN OPTION AVAILABLE



Nottinghamshire  
sausage, gravy &  
mashed potatoes

Gluten

VEGETARIAN OPTION AVAILABLE

**OR**



Quorn roast, stuffing,  
gravy, roast & mashed  
potatoes

Milk Egg Gluten

#### 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



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

St Wilfrids C of E  
Primary School



#### MONDAY



Vegetarian sausage roll  
& gravy,  
roast new potatoes

Celery Milk Gluten

**OR**



Macaroni vegetable  
cheese,  
garlic slice

Mustard Milk Gluten



Butterscotch mousse  
& banana

Milk

#### TUESDAY



Nottinghamshire  
sausage, onion gravy,  
mashed potatoes &  
Yorkshire pudding

Gluten Egg Milk

VEGETARIAN OPTION AVAILABLE

**OR**



Porkies in gravy, roast  
potatoes & Yorkshire  
pudding

Gluten Egg Milk

VEGETARIAN OPTION AVAILABLE



Chocolate brownie

Gluten

#### WEDNESDAY



Cheesy cottage pie  
& gravy

Milk Fish

VEGETARIAN OPTION AVAILABLE

**OR**



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

Milk Egg Fish



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



Fruit flapjack  
& milkshake

Gluten Milk

#### FRIDAY



Tomato & mozzarella  
bruschetta & salad

Milk Gluten Sesame



MSC fish goujons,  
jacket wedges

Gluten Fish

VEGETARIAN OPTION AVAILABLE

**OR**



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

Milk Egg Fish

**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

### St Wilfrids C of E Primary School



#### MONDAY



Quorn dippers  
in a tortilla wrap,  
jacket wedges

Milk Egg Gluten

**OR**



Pasta Neapolitan,  
garlic slice

Milk Gluten



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

VEGETARIAN OPTION AVAILABLE



Butterscotch tart

Gluten Milk

#### WEDNESDAY



Hot dog in a roll,  
potato noisette

Soya Milk Egg Gluten

VEGETARIAN OPTION AVAILABLE

**OR**



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

**OR**



Quorn roast,  
Yorkshire pudding,  
roast & mashed  
potatoes

Gluten Egg Milk



Cheese crackers  
& apple wedge

Milk Gluten

#### FRIDAY



Melon & ham  
with salad

Allergen free

VEGETARIAN OPTION AVAILABLE



MSC breaded fish,  
ovenchips

Fish Gluten

VEGETARIAN OPTION AVAILABLE

**OR**



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

Milk Egg Fish

**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