



## School Menu

### Autumn - Winter 2018/19

### Week 1

Week commencing

5 Sept, 24 Sept, 15 Oct,

12 Nov, 3 Dec, 7 Jan,

28 Jan



Trowell C of E Primary 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



Pancake  
with frozen yoghurt  
& hot cherries

Milk Egg Gluten Sulphur Dioxide



#### Wednesday

Chicken pasta bake,  
garlic slice

Gluten Milk

VEGETARIAN OPTION AVAILABLE



Cornflake tart  
& custard

Milk Gluten Sulphur Dioxide



#### Thursday

Nottinghamshire  
sausage, gravy  
& 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



Trowell C of E Primary School



### By Day

#### First Course

#### Second Course

Monday

Vegetarian sausage roll  
& gravy,  
roast new potatoes

Celery Milk Gluten



Butterscotch mousse  
& banana

Milk



Tuesday

Nottinghamshire  
sausage, onion gravy,  
mashed potatoes  
& Yorkshire pudding

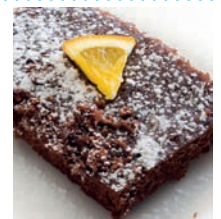
Gluten Egg Milk

VEGETARIAN OPTION AVAILABLE



Chocolate brownie

Gluten



Wednesday

Pasta Bolognese,  
garlic slice

Milk Fish Gluten

VEGETARIAN OPTION AVAILABLE



Chocolate ice cream roll  
& chocolate sauce

Soya Milk Egg Gluten



Thursday

Roast turkey,  
stuffing, gravy,  
roast & mashed potatoes

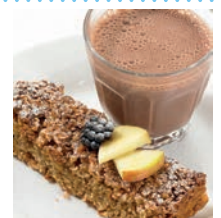
Gluten

VEGETARIAN OPTION AVAILABLE



Fruit flapjack  
& milkshake

Gluten Milk



Friday

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



Trowell C of E Primary 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

Hot dog in a roll,  
potato noisette

Soya Milk Egg Gluten

VEGETARIAN OPTION AVAILABLE



Apple & rhubarb crumble  
& custard

Milk Gluten



#### 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



Rice pudding  
& jam

Milk Sulphur Dioxide



#### 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