



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



Chocolate rice pudding

Milk



Tuesday

MSC fish nuggets,
tomato dip & salad

Fish

VEGETARIAN OPTION AVAILABLE



Spaghetti Bolognese,
crusty bread

Gluten Fish Sesame

VEGETARIAN OPTION AVAILABLE



Wednesday

Chicken pasta bake,
garlic slice

Gluten Milk

VEGETARIAN OPTION AVAILABLE



Cornflake tart
& custard

Milk Gluten Sulphur Dioxide



Thursday

Roast pork,
stuffing, gravy,
roast & 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



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

Cheesy cottage pie
& gravy

Milk Fish

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



EASTLANDS
EJS
JUNIOR 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

Farmhouse pie
& gravy,
roast potatoes

Gluten

VEGETARIAN OPTION AVAILABLE



Butterscotch tart

Gluten Milk



Wednesday

Hot dog in a roll,
potato noisette

Soya Milk Egg Gluten

VEGETARIAN OPTION AVAILABLE



Cherry shortcake
& custard

Milk Gluten Egg



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