



## School Menu

Autumn - Winter 2018/19

### Week 1

Week commencing

5 Sept, 24 Sept, 15 Oct,

12 Nov, 3 Dec, 7 Jan,

28 Jan



Forest Glade  
Primary School



#### MONDAY



Margherita pizza,  
jacket wedges

Gluten Milk

OR



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

Milk Egg Fish

#### DESSERT



Chocolate rice pudding

Milk

#### TUESDAY



Spaghetti Bolognese,  
crusty bread

Gluten Fish Sesame

VEGETARIAN OPTION AVAILABLE

OR



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

Soya Egg Gluten Sesame Milk Fish

#### DESSERT



Pancake  
with frozen yoghurt  
& hot cherries

Milk Egg Gluten Sulphur Dioxide

#### WEDNESDAY



Chicken & lentil  
casserole,  
mashed potatoes,  
Yorkshire pudding

Egg Milk Gluten

VEGETARIAN OPTION AVAILABLE

OR



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

Milk Egg Fish

#### DESSERT



Cornflake tart  
& custard

Milk Gluten Sulphur Dioxide

#### THURSDAY



Nottinghamshire  
sausage, gravy &  
mashed potatoes

Gluten

VEGETARIAN OPTION AVAILABLE

OR



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

Soya Egg Gluten Sesame Milk Fish

#### DESSERT



Date slice  
& custard

Milk Gluten

#### FRIDAY



MSC fish pie,  
new potatoes

Milk Fish Gluten

VEGETARIAN OPTION AVAILABLE

OR



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

Milk Egg Fish

#### 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



Forest Glade  
Primary School



#### MONDAY



Vegetarian sausage roll  
& gravy,  
roast new potatoes

Celery Milk Gluten

OR



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

Milk Egg Fish

#### DESSERT



Butterscotch mousse  
& banana

Milk

#### TUESDAY



BBQ pulled pork  
in pitta bread,  
jacket wedges

Gluten

VEGETARIAN OPTION AVAILABLE

OR



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

Soya Egg Gluten Sesame Milk Fish

#### DESSERT



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

#### DESSERT



Chocolate ice cream  
roll & chocolate sauce

Soya Milk Egg Gluten

#### THURSDAY



Roast turkey,  
stuffing, gravy, roast &  
mashed potatoes

Gluten

VEGETARIAN OPTION AVAILABLE

OR



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

Soya Egg Gluten Sesame Milk Fish

#### DESSERT



Fruit medley with  
yoghurt & honey

Milk

#### 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 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



Forest Glade  
Primary School



#### MONDAY



Quorn dippers  
in a tortilla wrap,  
jacket wedges

Milk Egg Gluten

OR



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

Milk Egg Fish

#### DESSERT



Fruit salad

Allergen free

#### TUESDAY



Venison burger  
in a bun,  
jacket wedges

Soya Milk Egg Gluten

VEGETARIAN OPTION AVAILABLE

OR



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

Soya Egg Gluten Sesame Milk Fish

#### DESSERT



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

#### DESSERT



Cherry shortcake  
& custard

Milk Gluten Egg

#### THURSDAY



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

Gluten Egg Milk

VEGETARIAN OPTION AVAILABLE

OR



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

Soya Egg Gluten Sesame Milk Fish

#### DESSERT



Cheese crackers  
& apple wedge

Milk Gluten

#### FRIDAY



MSC salmon fishcake,  
oven chips

Fish Soya Gluten

VEGETARIAN OPTION AVAILABLE

OR



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

Milk Sulphur Dioxide

#### 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