



## School Menu

Autumn - Winter 2018/19

### Week 1

Week commencing

5 Sept, 24 Sept, 15 Oct,

12 Nov, 3 Dec, 7 Jan,

28 Jan



#### MONDAY



Margherita pizza,  
jacket wedges

Gluten Milk

OR



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

Milk Egg Fish

#### DESSERT



Apple & blackberry  
crumble & custard

Milk Gluten

#### 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



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

#### DESSERT



Fruit salad

Allergen free

#### THURSDAY



Roast pork, 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



Spiced carrot cake  
& custard

Milk Egg Gluten Sulphur Dioxide

#### 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

#### 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



#### 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



Nottinghamshire sausage, onion gravy, mashed potatoes & Yorkshire pudding

Gluten Egg Milk

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 flapjack & milkshake

Gluten 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

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**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



#### MONDAY

#### TUESDAY

#### WEDNESDAY

#### THURSDAY

#### FRIDAY



Quorn dippers  
in a tortilla wrap,  
jacket wedges

Milk Egg Gluten



Venison burger  
in a bun,  
jacket wedges

Soya Milk Egg Gluten

VEGETARIAN OPTION AVAILABLE



BBQ chilli beef wrap,  
savoury rice

Gluten Milk

VEGETARIAN OPTION AVAILABLE



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

Gluten Egg Milk

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



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

Soya Egg Gluten Sesame Milk Fish

#### OR



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

Milk Egg Fish

#### OR



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

Soya Egg Gluten Sesame Milk Fish

#### OR



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



Cherry shortcake  
& custard

Milk Gluten Egg

#### DESSERT



Cheese crackers  
& apple wedge

Milk Gluten

#### DESSERT



Apricot slice  
& custard

Milk 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