



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



Cheese & bacon pinwheel & salad

Milk Gluten

VEGETARIAN OPTION AVAILABLE

TUESDAY



Beef & vegetable fajitas, savoury rice

Gluten

VEGETARIAN OPTION AVAILABLE

WEDNESDAY



Chicken pasta bake, garlic slice

Gluten Milk

VEGETARIAN OPTION AVAILABLE

THURSDAY



Crispy potato dippers, BBQ dip & salad

Gluten

FRIDAY



MSC fish finger wrap, noisette potatoes

Fish Gluten Milk

VEGETARIAN OPTION AVAILABLE



Margherita pizza, jacket wedges

Gluten Milk

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



Pancake with frozen yoghurt & hot cherries

Milk Egg Gluten Sulphur Dioxide



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

Milk Egg Fish



Cornflake tart & custard

Milk Gluten Sulphur Dioxide



Roast pork, stuffing, gravy, roast & mashed potatoes

Gluten

VEGETARIAN OPTION AVAILABLE

OR



Quorn roast, stuffing, gravy, roast & mashed potatoes

Milk Egg Gluten



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



MONDAY



Tomato & mozzarella
bruschetta & salad

Milk Gluten Sesame

TUESDAY



Nottinghamshire
sausage, onion gravy,
mashed potatoes &
Yorkshire pudding

Gluten Egg Milk

VEGETARIAN OPTION AVAILABLE

OR

WEDNESDAY



Pasta Bolognese,
garlic slice

Milk Fish Gluten

VEGETARIAN OPTION AVAILABLE

OR

THURSDAY



Vegetable tartlet
& salad

Milk Gluten

FRIDAY



MSC fish goujons,
jacket wedges

Gluten Fish

VEGETARIAN OPTION AVAILABLE

OR



Vegetarian sausage
roll & gravy,
roast new potatoes

Celery Milk Gluten



Quorn sausage,
onion gravy,
mashed potatoes &
Yorkshire pudding

Gluten Egg Milk



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

Milk Egg Fish



Roast turkey, stuffing,
gravy, roast & mashed
potatoes

Gluten

VEGETARIAN OPTION AVAILABLE

OR



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

Milk Egg Fish



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

Milk Egg Fish



Chocolate brownie

Gluten



Chocolate ice cream
roll & chocolate sauce

Soya Milk Egg Gluten



Quorn roast, stuffing,
gravy, roast & mashed
potatoes

Milk Egg Gluten



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



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Tomato & mozzarella bruschetta & salad

Milk Gluten Sesame



Venison burger in a bun, jacket wedges

Soya Milk Egg Gluten

VEGETARIAN OPTION AVAILABLE

OR



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



Mediterranean chicken pasta, garlic slice

Gluten Milk

VEGETARIAN OPTION AVAILABLE

OR



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

Milk Egg Fish



Cherry shortcake & custard

Milk Gluten Egg



Crispy potato dippers, BBQ dip & salad

Gluten



Sweet & sour pork, wholegrain rice

Celery

VEGETARIAN OPTION AVAILABLE

OR



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

Soya Egg Gluten Sesame Milk Fish



MSC breaded fish, ovenchips

Fish Gluten

VEGETARIAN OPTION AVAILABLE

OR



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

Milk Egg Fish



Fruit yoghurt

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