



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

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Margherita pizza,
jacket wedges

Gluten Milk

OR



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

Milk Egg Fish



Beef casserole
& herby dumplings,
gravy,
mashed potatoes

Gluten Sesame

VEGETARIAN OPTION AVAILABLE

OR



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

Soya Egg Gluten Sesame Milk Fish



Chicken pasta bake,
garlic slice

Gluten Milk

VEGETARIAN OPTION AVAILABLE

OR



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

Milk Egg Fish



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



MSC fish finger wrap,
noisette potatoes

Fish Gluten Milk

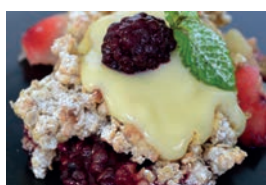
VEGETARIAN OPTION AVAILABLE

OR



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

Milk Egg Fish



Apple & blackberry
crumble & custard

Milk Gluten



Coconut sponge
& custard

Milk Egg Gluten Sulphur Dioxide



Cornflake tart
& custard

Milk Gluten Sulphur Dioxide



Spiced carrot cake
& custard

Milk Egg Gluten Sulphur Dioxide



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



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



Chocolate brownie

Gluten

WEDNESDAY



Pasta Bolognese, garlic slice

Milk Fish Gluten

VEGETARIAN OPTION AVAILABLE

OR



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

Milk Egg Fish



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



Fruit flapjack & milkshake

Gluten Milk

FRIDAY



Tomato & mozzarella bruschetta & salad

Milk Gluten Sesame



MSC fish goujons, jacket wedges

Gluten Fish

VEGETARIAN OPTION AVAILABLE

OR



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

Milk Egg Fish

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



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



Honey & oatmeal
cookie & milkshake

Gluten Milk

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



Butterscotch tart

Gluten Milk

WEDNESDAY



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

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



Cheese crackers
& apple wedge

Milk Gluten

FRIDAY



Melon & ham
with salad

Allergen free

VEGETARIAN OPTION AVAILABLE

OR



MSC breaded fish,
ovenchips

Fish Gluten

VEGETARIAN OPTION AVAILABLE

OR



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

Milk Egg Fish

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