



School Menu

Autumn - Winter 2018/19

Week 1

Week commencing
5 Sept, 24 Sept, 15 Oct,
12 Nov, 3 Dec, 7 Jan,
28 Jan

Langar C of E Primary School



By Day

First Course

Second Course

Monday

Margherita pizza,
jacket wedges

Gluten Milk



Apple & blackberry
crumble & custard

Milk Gluten



Tuesday

Spaghetti Bolognese,
crusty bread

Gluten Fish Sesame

VEGETARIAN OPTION AVAILABLE



Coconut sponge
& custard

Milk Egg Gluten Sulphur Dioxide



Wednesday

Chicken pasta bake,
garlic slice

Gluten Milk

VEGETARIAN OPTION AVAILABLE



Cornflake tart
& custard

Milk Gluten Sulphur Dioxide



Thursday

Nottinghamshire
sausage,
gravy & 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

Langar C of E
Primary School



By Day

First Course

Second Course

Monday

Vegetarian sausage roll
& gravy,
roast new potatoes

Celery Milk Gluten



Butterscotch mousse
& banana

Milk



Tuesday

BBQ pulled pork
in pitta bread,
jacket wedges

Gluten

VEGETARIAN OPTION AVAILABLE



Crispy jam tart
& custard

Milk Gluten Sulphur Dioxide



Wednesday

Pasta Bolognese,
garlic slice

Milk Fish Gluten

VEGETARIAN OPTION AVAILABLE



Oaty apple crumble
& custard

Milk 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



Eve's pudding
& vanilla 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 3

Week commencing

17 Sept, 8 Oct, 5 Nov,
26 Nov, 17 Dec, 21 Jan,
11 Feb

Langar C of E
Primary School



By Day

First Course

Second Course

Monday

Quorn dippers
in a tortilla wrap,
jacket wedges

Milk Egg Gluten



Fruit salad

Allergen free



Tuesday

Venison hotpot,
roast new potatoes

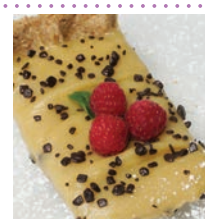
Celery

VEGETARIAN OPTION AVAILABLE



Butterscotch tart

Gluten Milk



Wednesday

BBQ chilli beef wrap,
savoury rice

Gluten Milk

VEGETARIAN OPTION AVAILABLE



Cherry shortcake
& custard

Milk Egg Gluten



Thursday

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

Gluten Egg Milk

VEGETARIAN OPTION AVAILABLE



Cheese crackers
& apple wedge

Milk Gluten



Friday

MSC breaded fish,
ovenchips

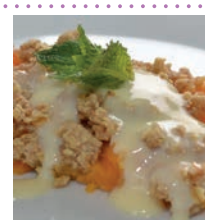
Fish Gluten

VEGETARIAN OPTION AVAILABLE



Apricot slice
& custard

Milk 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