



## 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**



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

Milk Egg 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**



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

Milk Egg 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



Porkies in gravy, roast potatoes & Yorkshire pudding

Gluten Egg Milk

VEGETARIAN OPTION AVAILABLE

OR



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

Milk Egg Fish

#### DESSERT



Crispy jam tart & custard

Milk Gluten Sulphur Dioxide

#### 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



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

Milk Egg 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

**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

OR



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

Milk Egg Fish

#### DESSERT



Honey & oatmeal  
cookie  
& milkshake

Gluten Milk



Farmhouse pie  
& gravy,  
roast potatoes

Gluten

VEGETARIAN OPTION AVAILABLE

OR



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

Milk Egg Fish

#### DESSERT



Fruit salad  
& frozen yoghurt

Milk



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



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

Gluten Egg Milk

VEGETARIAN OPTION AVAILABLE

OR



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

Milk Egg Fish

#### DESSERT



Lcky sticky pudding  
& custard

Milk Egg Gluten



MSC breaded fish,  
ovenchips

Fish Gluten

VEGETARIAN OPTION AVAILABLE

OR



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

Milk Egg Fish

#### 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