



## School Menu

### Autumn - Winter 2018/19

### Week 1

Week commencing

5 Sept, 24 Sept, 15 Oct,

12 Nov, 3 Dec, 7 Jan,

28 Jan

### Redlands Primary School



## By Day

### First Course

### Second Course

### Monday

Cheese & bacon  
pinwheel & salad

Milk Gluten

VEGETARIAN OPTION AVAILABLE



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

Milk Egg Fish



### Tuesday

Spaghetti Bolognese,  
crusty bread **Gluten Fish Sesame**

VEGETARIAN OPTION AVAILABLE

**OR** KS2 pupils only

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



### Wednesday

Chicken pasta bake,  
garlic slice

Gluten Milk

VEGETARIAN OPTION AVAILABLE



Fruit salad

Allergen free



### Thursday

Crispy potato dippers,  
BBQ dip & salad

Gluten



Roast pork,  
stuffing, gravy,  
roast & mashed potatoes

Gluten

VEGETARIAN OPTION AVAILABLE



### 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

Redlands  
Primary School



### By Day

#### First Course

#### Second Course

Monday

Tomato & mozzarella  
bruschetta & salad

Milk Gluten Sesame



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

Milk Egg Fish



Tuesday

Nottinghamshire  
sausage, onion gravy,  
mashed potatoes &  
Yorkshire pudding

Gluten Egg Milk

VEGETARIAN OPTION AVAILABLE



Chocolate brownie

Gluten



Wednesday

Melon & ham  
with salad

Allergen free

VEGETARIAN OPTION AVAILABLE



Cheesy cottage pie  
& gravy

Milk Fish

VEGETARIAN OPTION AVAILABLE



Thursday

Roast turkey, stuffing,  
gravy, roast & mashed  
potatoes

Gluten

VEGETARIAN OPTION AVAILABLE



Fruit flapjack  
& milkshake

Gluten Milk



Friday

Red pepper houmus  
& pitta bread strips

Gluten Sesame



MSC fish goujons,  
jacket wedges

Gluten Fish

VEGETARIAN OPTION AVAILABLE



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

### Redlands Primary School



## By Day

### First Course

### Second Course

### Monday

Cheese & tomato quiche,  
potato croquettes

Milk Egg Gluten, Milk



Honey & oatmeal cookie  
& milkshake

Gluten Milk



### Tuesday

Venison burger in a bun,  
jacket wedges

Soya Milk Egg Gluten

VEGETARIAN OPTION AVAILABLE

**OR** KS2 pupils only  
Freshly filled roll & salad -  
cheese, ham, tuna or egg

Soya Egg Gluten Sesame Milk Fish



Butterscotch tart

Gluten Milk



### Wednesday

Cheese & bacon  
pinwheel & salad

Milk Gluten

VEGETARIAN OPTION AVAILABLE



Hot dog in a roll,  
potato noisette

Soya Milk Egg Gluten

VEGETARIAN OPTION AVAILABLE



### Thursday

MSC fish nuggets,  
tomato dip & salad

Fish

VEGETARIAN OPTION AVAILABLE



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

Gluten Egg Milk

VEGETARIAN OPTION AVAILABLE



### Friday

Tomato & mozzarella  
bruschetta & salad

Milk Gluten Sesame



MSC breaded fish,  
ovenchips

Fish Gluten

VEGETARIAN OPTION AVAILABLE



### 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