



School Menu

Autumn - Winter 2018/19

Week 1

Week commencing

5 Sept, 24 Sept, 15 Oct,

12 Nov, 3 Dec, 7 Jan,

28 Jan

St Luke's C of E Primary School



MONDAY



Margherita pizza,
jacket wedges

Gluten Milk

OR



Rigatoni Florentina
pasta,
garlic slice

Gluten Milk

DESSERT



Chocolate rice pudding

Milk

TUESDAY



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

DESSERT



Pancake
with frozen yoghurt
& hot cherries

Milk Egg Gluten Sulphur Dioxide

WEDNESDAY



Chicken pasta bake,
garlic slice

Gluten Milk

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



Roast pork, stuffing,
gravy, roast & mashed
potatoes

Gluten

VEGETARIAN OPTION AVAILABLE

OR



Quorn roast,
stuffing, gravy, roast &
mashed potatoes

Milk Egg Gluten

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



Fruit salad

Allergen free

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

St Luke's C of E
Primary School



MONDAY



Vegetarian sausage roll & gravy, roast new potatoes

Celery Milk Gluten

OR



Macaroni vegetable cheese, garlic slice

Mustard Milk Gluten

0

DESSERT



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

DESSERT



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

DESSERT



Chocolate ice cream roll & chocolate sauce

Soya Milk Egg Gluten

THURSDAY



Roast turkey, stuffing, gravy, roast & mashed potatoes

Gluten

VEGETARIAN OPTION AVAILABLE

OR



Quorn roast, stuffing, gravy, roast & mashed potatoes

Milk Egg Gluten

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

St Luke's C of E Primary School



MONDAY



Quorn dippers
in a tortilla wrap,
jacket wedges

Milk Egg Gluten

OR



Pasta Neapolitan,
garlic slice

Milk Gluten

DESSERT



Honey & oatmeal
cookie
& milkshake

Gluten Milk

TUESDAY



Farmhouse pie
& gravy,
roast potatoes

Gluten

VEGETARIAN OPTION AVAILABLE

OR



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

Soya Egg Gluten Sesame Milk Fish

DESSERT



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

DESSERT



Cherry shortcake
& custard

Milk Gluten Egg

THURSDAY



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

Gluten Egg Milk

VEGETARIAN OPTION AVAILABLE

OR



Quorn roast,
Yorkshire pudding,
roast & mashed
potatoes

Gluten Egg Milk

DESSERT



Lcky sticky pudding
& custard

Milk Egg Gluten

FRIDAY



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