



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

DESSERT



Chocolate rice pudding

Milk



Spaghetti Bolognese, crusty bread

Gluten Fish 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



Turkey & vegetable pie, gravy, roast baby potatoes

Milk Fish Gluten

VEGETARIAN OPTION AVAILABLE

OR



Turkey & vegetable pie, gravy, roast baby potatoes

Milk Fish Gluten

VEGETARIAN OPTION AVAILABLE

DESSERT



Cornflake tart & custard

Milk Gluten Sulphur Dioxide



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



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



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



Crispy jam tart custard

Milk Gluten Sulphur Dioxide

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



Soil Association

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

DESSERT



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

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



Cheese crackers
& apple wedge

Milk 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