



## School Menu

Autumn - Winter 2018/19

### Week 1

Week commencing

5 Sept, 24 Sept, 15 Oct,

12 Nov, 3 Dec, 7 Jan,

28 Jan

The Carlton  
Central Academy



#### 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



Quorn Bolognese, crusty bread

Gluten Egg

#### 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



Nottinghamshire sausage, gravy & 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



Quorn dippers in a tortilla wrap, noisette potatoes

Egg Gluten Milk

#### 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

The Carlton  
Central Academy



#### MONDAY

#### TUESDAY

#### WEDNESDAY

#### THURSDAY

#### FRIDAY



Vegetarian sausage roll  
& gravy,  
roast new potatoes

Celery Milk Gluten



BBQ pulled pork  
in pitta bread,  
jacket wedges

Gluten

VEGETARIAN OPTION AVAILABLE



Cheesy cottage pie  
& gravy

Milk Fish

VEGETARIAN OPTION AVAILABLE



Turkey wrap,  
roast potatoes

Egg Gluten

VEGETARIAN OPTION AVAILABLE



MSC fish goujons,  
jacket wedges

Gluten Fish

VEGETARIAN OPTION AVAILABLE

#### OR



Macaroni vegetable  
cheese, garlic slice

Mustard Milk Gluten



Quorn Pitta Bread,  
jacket wedges

Milk Egg Gluten

#### OR



Quorn cottage pie  
& gravy

Celery Milk Gluten

#### OR



Quorn roast, stuffing,  
gravy, roast & mashed  
potatoes

Milk Egg Gluten

#### OR



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

Milk Egg Fish

#### DESSERT



Butterscotch mousse  
& banana

Milk

#### DESSERT



Chocolate brownie

Gluten

#### DESSERT



Chocolate ice cream  
roll & chocolate sauce

Soya Milk Egg Gluten

#### DESSERT



Fruit flapjack  
& milkshake

Gluten Milk

#### 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

The Carlton  
Central Academy



#### MONDAY



Quorn dippers  
in a tortilla wrap,  
jacket wedges

Milk Egg Gluten

OR



Cheese & tomato  
quiche,  
potato croquettes

Milk Egg Gluten

#### DESSERT



Fruit salad

Allergen free

#### TUESDAY



Venison burger  
in a bun,  
jacket wedges

Soya Milk Egg Gluten

VEGETARIAN OPTION AVAILABLE

OR



Quorn burger  
in a bun,  
jacket wedges

Soya Milk Egg Gluten

#### DESSERT



Butterscotch tart

Gluten Milk

#### WEDNESDAY



BBQ chilli beef wrap,  
savory rice

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