



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



Cheese & bacon
pinwheel & salad

Milk Gluten

VEGETARIAN OPTION AVAILABLE

TUESDAY



Beef & vegetable
fajitas, savoury rice

Gluten

VEGETARIAN OPTION AVAILABLE

WEDNESDAY



Chicken pasta bake,
garlic slice

Gluten Milk

VEGETARIAN OPTION AVAILABLE

THURSDAY



Roast pork, stuffing,
gravy, roast & mashed
potatoes

Gluten

VEGETARIAN OPTION AVAILABLE

FRIDAY



MSC fish finger wrap,
noisette potatoes

Fish Gluten Milk

VEGETARIAN OPTION AVAILABLE



Margherita pizza,
jacket wedges

Gluten Milk

OR



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

Milk Egg Fish



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

Soya Egg Gluten Sesame Milk Fish



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

Milk Egg Fish



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

Soya Egg Gluten Sesame Milk Fish



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

Milk Egg Fish



Coconut sponge
& custard

Milk Egg Gluten Sulphur Dioxide



Cornflake tart
& custard

Milk Gluten Sulphur Dioxide



Spiced carrot cake
& custard

Milk Egg Gluten Sulphur Dioxide



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

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Tomato soup & crusty bread

Celery Gluten Sesame



Nottinghamshire sausage, onion gravy, mashed potatoes & Yorkshire pudding

Gluten Egg Milk

VEGETARIAN OPTION AVAILABLE

OR



Vegetarian sausage roll & gravy, roast new potatoes

Celery Milk Gluten



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

Soya Egg Gluten Sesame Milk Fish



Pasta Bolognese, garlic slice

Milk Fish Gluten

VEGETARIAN OPTION AVAILABLE

OR



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

Milk Egg Fish



Roast turkey, stuffing, gravy, roast & mashed potatoes

Gluten

VEGETARIAN OPTION AVAILABLE

OR



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

Soya Egg Gluten Sesame Milk Fish



MSC fish goujons, jacket wedges

Gluten Fish

VEGETARIAN OPTION AVAILABLE

OR



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

Milk Egg Fish

OR



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

Milk Egg Fish



Chocolate brownie

Gluten



Chocolate ice cream roll & chocolate sauce

Soya Milk Egg Gluten



Fruit flapjack & milkshake

Gluten Milk



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



Tomato & mozzarella bruschetta & salad

Milk Gluten Sesame



Venison burger in a bun, jacket wedges

Soya Milk Egg Gluten

VEGETARIAN OPTION AVAILABLE

OR



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



BBQ chilli beef wrap, savoury rice

Gluten Milk

VEGETARIAN OPTION AVAILABLE

OR



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

Milk Egg Fish



Cherry shortcake & custard

Milk Gluten Egg



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

Gluten Egg Milk

VEGETARIAN OPTION AVAILABLE

OR



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

Soya Egg Gluten Sesame Milk Fish



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



Apricot slice & custard

Milk 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