



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 FOREST VIEW ACADEMY
LABOR OMNIA VINCIT



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



Beef & vegetable
fajitas, savoury rice

Gluten

VEGETARIAN OPTION AVAILABLE

OR



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

Milk Egg 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



Nottinghamshire
sausage, gravy
& mashed potatoes

Gluten

VEGETARIAN OPTION AVAILABLE

OR



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

Milk Egg Fish

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



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 FOREST VIEW ACADEMY
LABOR OMNIA VINCIT



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



Porkies in gravy, roast potatoes & Yorkshire pudding

Gluten Egg Milk

VEGETARIAN OPTION AVAILABLE

OR



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

Milk Egg Fish

DESSERT



Crispy jam tart & custard

Milk Gluten Sulphur Dioxide

WEDNESDAY



Cheesy cottage pie & gravy

Milk Fish

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



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

Milk Egg Fish

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



THE FOREST VIEW ACADEMY
LABOR OMNIA VINCIT



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Quorn dippers
in a tortilla wrap,
jacket wedges

Milk Egg Gluten



Venison burger
in a bun,
jacket wedges

Soya Milk Egg Gluten

VEGETARIAN OPTION AVAILABLE



BBQ chilli beef wrap,
savoury rice

Gluten Milk

VEGETARIAN OPTION AVAILABLE



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

Gluten Egg Milk

VEGETARIAN OPTION AVAILABLE



MSC breaded fish,
ovenchips

Fish Gluten

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

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

OR



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

Milk Egg Fish

DESSERT



Honey & oatmeal
cookie
& milkshake

Gluten Milk

DESSERT



Butterscotch tart

Gluten Milk

DESSERT



Apple & rhubarb
crumble & custard

Milk Gluten

DESSERT



Lcky sticky pudding
& custard

Milk Egg Gluten

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