



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 Good
Shepherd
Primary Catholic
Academy



MONDAY



Margherita pizza,
jacket wedges

Gluten Milk

OR



Rigatoni
Florentina pasta,
garlic slice

Gluten Milk

DESSERT



Apple & blackberry
crumble & custard

Milk Gluten

TUESDAY



Spaghetti Bolognese,
crusty bread

Gluten Fish Sesame

VEGETARIAN OPTION AVAILABLE

OR



Beef & vegetable
fajitas, savoury rice

Gluten

VEGETARIAN OPTION AVAILABLE

DESSERT



Coconut sponge
& custard

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



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 Good
Shepherd
Primary Catholic
Academy



MONDAY



Vegetarian sausage roll
& gravy,
roast new potatoes

Celery Milk Gluten

OR



Macaroni vegetable
cheese,
garlic slice

Mustard Milk Gluten

DESSERT



Butterscotch mousse
& banana

Milk

TUESDAY



Nottinghamshire
sausage, onion gravy,
mashed potatoes &
Yorkshire pudding

Gluten Egg Milk

VEGETARIAN OPTION AVAILABLE

OR



BBQ pulled pork
in pitta bread,
jacket wedges

Gluten

VEGETARIAN OPTION AVAILABLE

DESSERT



Chocolate brownie

Gluten

WEDNESDAY



Cheesy cottage pie
& gravy

Milk Fish

VEGETARIAN OPTION AVAILABLE

OR



Pasta Bolognese,
garlic slice

Milk Fish Gluten

VEGETARIAN OPTION AVAILABLE

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



Eve's pudding
& vanilla 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 3

Week commencing

17 Sept, 8 Oct, 5 Nov,
26 Nov, 17 Dec, 21 Jan,
11 Feb

The Good
Shepherd
Primary Catholic
Academy



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



Venison hotpot,
roast new potatoes

Celery

VEGETARIAN OPTION AVAILABLE

DESSERT



Butterscotch tart

Gluten Milk

WEDNESDAY



Hot dog in a roll,
potato noisette

Soya Milk Egg Gluten

VEGETARIAN OPTION AVAILABLE

OR



Mediterranean
chicken pasta,
garlic slice

Gluten Milk

VEGETARIAN OPTION AVAILABLE

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