



School Menu

Spring - Summer 2019

Week 1

Week commencing
25 February, 18 March,
23 April, 13 May, 10 June,
1 July, 22 July

Flintham Primary School



By Day

First Course

Second Course

Monday

Cheesy pasta bake
& garlic bread

Soya Milk Gluten

TODAY'S VEGETARIAN OPTION

Jacket potatoes with cheese,
beans or tuna & mixed salad
Milk Egg Fish



Strawberry mousse
& shortbread

Milk Gluten



Tuesday

Venison burger in a bun
& diced potatoes

Soya Milk Egg Gluten Sulphur Dioxide

TODAY'S VEGETARIAN OPTION

Quorn burger in a bun
& diced potatoes
Soya Milk Egg Gluten



Meringue nest with
cream & mandarins

Milk Egg



Wednesday

Chicken & coconut curry
with wholegrain rice

Mustard Milk

TODAY'S VEGETARIAN OPTION

Quorn & coconut curry
with wholegrain rice
Mustard Milk Egg



Fruit yoghurt
& apple wedge

Milk



Thursday

Roast pork, stuffing,
gravy, mashed potato
& Yorkshire pudding

Milk Egg Gluten

TODAY'S VEGETARIAN OPTION

Quorn roast, stuffing, gravy,
mashed potato & Yorkshire pudding
Milk Egg Gluten



Fruit salad



Friday

Fish finger wrap
& Noisette potatoes

Milk Fish Gluten

TODAY'S VEGETARIAN OPTION

Fishless finger wrap
& Noisette potatoes
Milk Gluten



Marble sponge
& custard

Milk Egg Gluten



Served Daily

Best of both bread Gluten and Soya

Seasonal vegetables available daily **Coleslaw** Egg when served



School Menu

Spring - Summer 2019

Week 2

Week commencing

4 March, 25 March,

29 April, 20 May,

17 June, 8 July

Flintham Primary School



By Day

First Course

Second Course

Monday

Quorn dippers
& baby jacket potatoes

Milk Egg Gluten

TODAY'S VEGETARIAN OPTION

Jacket potatoes with cheese,
beans or tuna & mixed salad

Milk Egg Fish



Scone with jam
& cream

Milk Gluten Sulphur Dioxide



Tuesday

Pork meatballs
in tomato sauce
& pasta

Gluten Sulphur Dioxide

TODAY'S VEGETARIAN OPTION

Vegeballs in a tomato sauce
& pasta

Soya Gluten



Fruit salad



Wednesday

BBQ Turkey wrap
& new potatoes

Gluten

TODAY'S VEGETARIAN OPTION

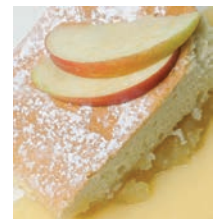
BBQ Quorn wrap
& new potatoes

Egg Gluten



Apple sponge
& custard

Milk Egg Gluten



Thursday

Roast Turkey, stuffing,
Yorkshire pudding
& mashed potato

Milk Egg Gluten

TODAY'S VEGETARIAN OPTION

Quorn roast, stuffing, gravy,
mashed potato & Yorkshire pudding

Milk Egg Gluten



Fruit yoghurt
& apple wedge

Milk



Friday

MSC Breaded fish
& chips

Fish Gluten

TODAY'S VEGETARIAN OPTION

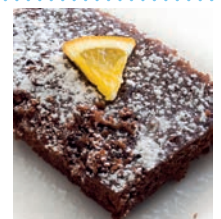
Fishless finger
& chips

Gluten



Chocolate brownie
& chocolate sauce

Milk Gluten



Served Daily

Best of both bread Gluten and Soya

Seasonal vegetables available daily **Coleslaw** Egg when served



School Menu

Spring - Summer 2019

Week 3

Week commencing

11 March, 1 April,

6 May, 3 June,

24 June, 15 July

Flintham Primary School



By Day

First Course

Second Course

Monday

Vegetarian roll, gravy & jacket wedges

Soya Gluten

TODAY'S VEGETARIAN OPTION

Jacket potatoes with cheese, beans or tuna & mixed salad

Milk Egg Fish



Fruit salad & frozen yoghurt

Milk Sulphur Dioxide



Tuesday

Pork & vegetable pie, gravy & roast potatoes

Fish Gluten

TODAY'S VEGETARIAN OPTION

Quorn & vegetable pie, gravy & roast potatoes

Egg Gluten



Strawberry cupcake

Milk Egg Gluten



Wednesday

Spaghetti Bolognese

Fish Gluten

TODAY'S VEGETARIAN OPTION

Quorn Spaghetti Bolognese

Egg Gluten



Fruit yoghurt & apple wedge

Milk



Thursday

Nottinghamshire sausage, Yorkshire pudding, mashed potato & gravy

Milk Egg Gluten Sulphur Dioxide

TODAY'S VEGETARIAN OPTION

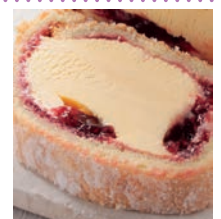
Quorn sausage, Yorkshire pudding, mashed potato & gravy

Milk Egg Gluten



Raspberry ripple ice cream cake

Soya Milk Egg Gluten



Friday

Fish goujons & diced potatoes

Fish Gluten

TODAY'S VEGETARIAN OPTION

Fishless finger & diced potatoes

Gluten



Magic chocolate pudding & chocolate sauce

Milk Egg Gluten



Served Daily

Best of both bread Gluten and Soya

Seasonal vegetables available daily **Coleslaw** Egg when served