



## School Menu

### Spring - Summer 2019

### Week 1

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



Samuel  
Barlow  
Primary Academy



### By Day

#### First Course

#### Second Course

Monday

Margherita pizza  
& new potatoes

Milk Gluten



Strawberry mousse  
& shortbread

Milk Gluten



Tuesday

Venison burger in a bun  
& diced potatoes

Soya Milk Egg Gluten Sulphur Dioxide



Meringue nest with cream  
& mandarins

Milk Egg



Wednesday

Chicken & broccoli bake,  
crusty bread

Mustard Milk Gluten Sesame



Cornflake tart  
& custard

Milk Gluten Sulphur Dioxide



Thursday

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

Milk Egg Gluten



Magic lemon pudding  
& custard

Milk Egg Gluten Sulphur Dioxide



Friday

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

Milk Egg Gluten



Marble sponge  
& custard

Milk Egg Gluten



Fish nuggets  
& mashed potato

Fish

Vegetable nuggets  
& mashed potato

Gluten

Jacket potato with cheese, baked  
beans or tuna mayo with mixed salad

Milk, Fish, Egg

OR

Freshly filled roll with cheese,  
ham, tuna mayo or egg and salad

Soya Egg Sesame Gluten, Milk Fish

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



Samuel  
Barlow  
Primary Academy



### By Day

#### First Course

#### Second Course

Monday

Quorn dippers  
& baby jacket potatoes

**Milk Egg Gluten**



Scone with jam  
& cream

**Milk Gluten Sulphur Dioxide**



Tuesday

Pork meatballs  
in tomato sauce & pasta

**Gluten Sulphur Dioxide**

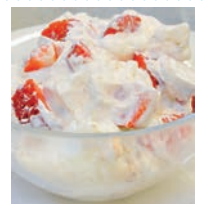
Vegeballs in a tomato sauce  
& pasta

**Soya Gluten**



Strawberry Eton mess

**Milk Egg**



Wednesday

Chicken Tikka wrap  
& savoury rice

**Milk Gluten**

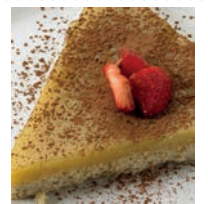
Mixed bean wrap  
& savoury rice

**Milk Gluten**



Butterscotch tart

**Milk Gluten**



Thursday

Roast Turkey, stuffing,  
Yorkshire pudding  
& mashed potato

**Milk Egg Gluten**

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

**Milk Egg Gluten**



Strawberry shortbread

**Milk Gluten**



Friday

MSC Breaded fish  
& chips

**Fish Gluten**

Fishless finger  
& chips

**Gluten**



Chocolate brownie  
& chocolate sauce

**Milk Gluten**



Served  
Daily

Jacket potato with cheese, baked  
beans or tuna mayo with mixed salad

**Milk, Fish, Egg**

**OR**

Freshly filled roll with cheese,  
ham, tuna mayo or egg and salad

**Soya Egg Sesame Gluten, Milk Fish**

**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



Samuel  
Barlow  
Primary Academy



### By Day

#### First Course

#### Second Course

Monday

Vegetarian roll, gravy  
& jacket wedges

Soya Gluten



Butterscotch mousse

Milk



Tuesday

Nottinghamshire sausage,  
Yorkshire pudding,  
mashed potato & gravy  
Milk Egg Gluten Sulphur Dioxide  
Quorn sausage, Yorkshire  
pudding, mashed potato &  
gravy Milk Egg Gluten  
Spaghetti Bolognese



Strawberry cupcake

Milk Egg Gluten



Wednesday

Fish Gluten  
Quorn Spaghetti Bolognese



Honey cake

Milk Egg Gluten



Thursday

Egg Gluten  
Roast Gammon  
& pineapple with  
mashed & roast potatoes



Raspberry ripple  
ice cream cake

Soya Milk Egg Gluten



Friday

Roast Quorn with  
mashed & roast potatoes

Milk Egg



Magic chocolate pudding  
& chocolate sauce

Milk Egg Gluten



Served  
Daily

Jacket potato with cheese, baked  
beans or tuna mayo with mixed salad

Milk, Fish, Egg

OR

Freshly filled roll with cheese,  
ham, tuna mayo or egg and salad

Soya Egg Sesame Gluten, Milk Fish

**Best of both bread** Gluten and Soya

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