



## School Menu

### Spring - Summer 2019

### Week 1

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



Trowell C of E Primary School



### By Day

#### First Course

#### Second Course

Monday

Margherita pizza  
& new potatoes

Milk Gluten



Strawberry mousse  
& shortbread

Milk Gluten



Tuesday

Hot dog  
& diced potatoes

Soya Milk Egg Gluten Sulphur Dioxide

TODAY'S VEGETARIAN OPTION

Quorn Hot dog  
& diced potatoes  
Soya Milk Egg Gluten



Peaches in jelly  
& cream swirl

Milk



Wednesday

Jacket potatoes with  
cheese, beans or tuna  
& mixed salad

Milk Egg Fish



Cornflake tart  
& custard

Milk Gluten Sulphur Dioxide



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 yoghurt  
& apple wedge

Milk



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



Trowell C of E Primary School



### By Day

#### First Course

#### Second Course

Monday

Quorn dippers  
& baby jacket potatoes

Milk Egg Gluten



St Clement sponge  
& custard

Milk Egg Gluten



Tuesday

Pork meatballs  
in tomato sauce  
& pasta

Gluten Sulphur Dioxide

**TODAY'S VEGETARIAN OPTION**

Vegeballs in a tomato sauce  
& pasta

Soya Gluten



Fruit yoghurt  
& apple wedge

Milk



Wednesday

Chicken Tikka wrap  
& savoury rice

Milk Gluten

**TODAY'S VEGETARIAN OPTION**

BBQ Quorn wrap  
& new potatoes

Egg Gluten



Butterscotch tart

Milk Gluten



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



Strawberry shortbread

Milk Gluten



Friday

MSC Fish fingers  
& chips

Fish Gluten

**TODAY'S VEGETARIAN OPTION**

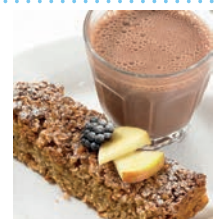
Fishless finger  
& chips

Gluten



Fruit flapjack  
& milkshake

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



Trowell C of E Primary School



## 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

**TODAY'S VEGETARIAN OPTION**

Quorn sausage, Yorkshire pudding,  
mashed potato & gravy  
Milk Egg Gluten



Strawberry cupcake

Milk Egg Gluten



Wednesday

Spaghetti Bolognese

Fish Gluten

**TODAY'S VEGETARIAN OPTION**

Quorn Spaghetti Bolognese

Egg Gluten



Honey cake

Milk Egg Gluten



Thursday

Roast Gammon  
& pineapple with  
mashed & roast potatoes

**TODAY'S VEGETARIAN OPTION**

Roast Quorn with  
mashed & roast potatoes  
Milk Egg



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