



## School Menu

### Spring - Summer 2019

### Week 1

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



THE WEST PARK ACADEMY  
LABOR OMNIA VINCIT



### 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

Quorn Hot dog  
& diced potatoes

Soya Milk Egg Gluten



Cornflake tart  
& custard

Milk Gluten Sulphur Dioxide



Thursday

Chicken & coconut curry  
with wholegrain rice

Mustard Milk



Fruit yoghurt  
& apple wedge

Milk



Friday

Quorn & coconut curry  
with wholegrain rice

Mustard Milk Egg



Marble sponge  
& custard

Milk Egg Gluten



Served  
Daily

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

Milk Egg Gluten

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

Milk Egg Gluten

Fish finger wrap  
& Noisette potatoes

Milk Fish Gluten

Fishless finger wrap  
& Noisette potatoes

Milk 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

**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



THE WEST PARK ACADEMY  
LABOR. OMNIA VINCIT



### 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  
Vegeballs in gravy  
& mashed potatoes

Gluten Sulphur Dioxide

Soya Gluten



Cheese, crackers  
& apple wedge

Milk Gluten



Wednesday

Mediterranean chicken pasta  
& crusty bread

Milk Gluten Sesame



Butterscotch tart

Milk Gluten



Thursday

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

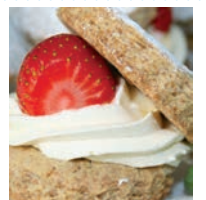
Milk Egg Gluten

Milk Egg Gluten



Strawberry shortbread

Milk Gluten



Friday

MSC Breaded fish  
& chips

Fish Gluten

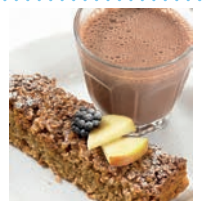
Fishless finger  
& chips

Gluten



Fruit flapjack  
& milkshake

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



THE WEST PARK ACADEMY  
LABOR OMNIA VINCIT



### By Day

#### First Course

#### Second Course

Monday

Vegetarian roll, gravy  
& jacket wedges

Soya Gluten



Fruit salad  
& frozen yoghurt

Milk Sulphur Dioxide



Tuesday

Nottinghamshire sausage,  
Yorkshire pudding,  
mashed potato & gravy  
Milk Egg Gluten Sulphur Dioxide  
Quorn & vegetable pie, gravy  
& roast potatoes  
Egg Gluten



Strawberry cupcake

Milk Egg Gluten



Wednesday

Spaghetti Bolognese  
& crusty bread

Gluten Sesame

Quorn Spaghetti Bolognese



Honey cake

Milk Egg Gluten



Thursday

Roast Gammon  
& pineapple with  
mashed & roast potatoes

Roast Quorn with  
mashed & roast potatoes  
Milk Egg



Raspberry ripple  
ice cream cake

Soya Milk Egg Gluten



Friday

Fish goujons  
& diced potatoes

Fish Gluten

Fishless finger  
& diced potatoes  
Gluten



Fruit yoghurt  
& apple wedge

Milk



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