



AUTUMN WINTER 2019/20

## MENU WEEK 1

WEEK COMMENCING

2 Sept, 23 Sept, 14 Oct,  
18 Nov, 9 Dec, 13 Jan, 3 Feb



Broomhill  
Junior School



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



Vegetarian sausage roll,  
gravy & roast potatoes

Soya Gluten



Beef Tacos  
& potato wedges

Fish



BBQ Chicken pizza  
& potato wedges

Milk Gluten



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

Milk Egg Gluten



MSC Fish fingers  
& diced potatoes

Fish Gluten

OR



Panini & salad,  
assorted fillings

Milk Fish Gluten

OR



Filled roll with cheese,  
ham, egg or tuna  
& mixed salad

Soya Milk Egg Fish Gluten

OR



Jacket potatoes with  
cheese, beans or tuna  
& mixed salad

Milk Egg Fish

OR



Quorn roast,  
stuffing, gravy,  
mashed & roast potatoes

Milk Egg Gluten

OR



Jacket potatoes with  
cheese, beans or tuna  
& mixed salad

Milk Egg Fish

### DESSERT



Cornflake tart  
& custard

Milk Gluten Sulphur Dioxide

### DESSERT



Coconut sponge  
& custard

Milk Egg Gluten Sulphur Dioxide

### DESSERT



Strawberry mousse  
& fruit

Milk

### DESSERT



Cheese, crackers  
& apple wedge

Milk Gluten

### DESSERT



Oatmeal & yoghurt muffin

Milk Egg Gluten

**AVAILABLE DAILY:** Best of both bread Gluten and Soya Seasonal vegetables available daily Coleslaw Egg when served. Vegetarian meals available upon request



AUTUMN WINTER 2019/20

## MENU WEEK 2

WEEK COMMENCING

9 Sept, 30 Sept, 4 Nov, 25 Nov,  
16 Dec, 20 Jan, 10 Feb



Broomhill  
Junior School

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Quorn dippers  
& savoury rice

Milk Egg Gluten



Nottinghamshire sausage,  
Yorkshire pudding, gravy  
& mashed potatoes

Milk Egg Gluten Sulphur Dioxide

Quorn sausage, gravy  
& mashed potatoes

Milk Egg Gluten



Spaghetti bolognese  
& garlic slice

Soya Milk Fish Gluten

Quorn spaghetti bolognese  
& garlic slice

Soya Milk Egg Gluten



Roast gammon,  
Yorkshire pudding, gravy,  
mashed & roast potatoes

Milk Egg Gluten



Fish goujons  
& potato wedges

Fish Gluten

OR



Tuna & sweetcorn pasta  
& garlic bread

Soya Milk Fish Gluten

OR



Mediterranean tagliatelle  
& garlic slice

Soya Milk Gluten

OR



Jacket potatoes with  
cheese, beans or tuna  
& mixed salad

Milk Egg Fish

OR



Roast Quorn, Yorkshire  
pudding & gravy with  
mashed & roast potatoes

Milk Egg Gluten

OR



Jacket potatoes with  
cheese, beans or tuna  
& mixed salad

Milk Egg Fish

DESSERT



Marble sponge  
& custard

Milk Egg Gluten

DESSERT



Fruit flapjack

Gluten

DESSERT



Fruit cookie  
& hot chocolate

Milk Gluten

DESSERT



Fruits of the forest muffin

Egg Gluten

DESSERT



Raspberry ripple  
ice cream roll

Soya Milk Egg Gluten

**AVAILABLE DAILY:** Best of both bread **Gluten** and **Soya** Seasonal vegetables available daily **Coleslaw** **Egg** when served. **Vegetarian meals available upon request**



AUTUMN WINTER 2019/20

## MENU WEEK 3

WEEK COMMENCING

16 Sept, 7 Oct, 11 Nov,  
2 Dec, 6 Jan, 27 Jan



Broomhill  
Junior School

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**



Vegetable nuggets  
with BBQ dip &  
baby baked potatoes  
**Gluten**



Venison burger  
in a wholemeal bun  
& carrot fries  
**Soya Egg Gluten Sulphur Dioxide**  
Quorn burger in a bun  
& carrot fries  
**Soya Milk Egg Gluten**



Sweet & sour chicken  
& wholegrain rice  
**Celery**  
Sweet & sour quorn  
& wholegrain rice  
**Celery Egg**



Roast turkey,  
stuffing & gravy with  
mashed & roast potatoes  
**Gluten**



MSC Breaded fish  
& chips  
**Fish Gluten**

**OR**



Pasta Neopolitan  
& garlic slice  
**Soya Milk Gluten Sulphur Dioxide**

**OR**



Filled roll with cheese,  
ham, egg or tuna  
& mixed salad  
**Soya Milk Egg Fish Gluten**

**OR**



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

**OR**



Quorn roast,  
stuffing & gravy with  
mashed & roast potatoes  
**Milk Egg Gluten**

**OR**



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

**DESSERT**



Carrot & pineapple traybake  
& cream  
**Milk Egg Gluten**

**DESSERT**



Butterscotch tart  
**Milk Gluten**

**DESSERT**



Chocolate ice cream roll  
& chocolate sauce  
**Soya Milk Egg Gluten**

**DESSERT**



Icky sticky pudding  
& custard  
**Milk Egg Gluten**

**DESSERT**



Apple & cinnamon muffin  
**Egg Gluten**

**AVAILABLE DAILY:** Best of both bread **Gluten** and **Soya** Seasonal vegetables available daily **Coleslaw** **Egg** when served. **Vegetarian meals available upon request**