



AUTUMN WINTER 2019/20

## MENU WEEK 1

WEEK COMMENCING

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



THE CARLTON  
INFANT ACADEMY



### FIRST COURSE

### SECOND COURSE

MONDAY

Vegetarian sausage roll, gravy  
& roast potatoes

Soya Gluten



Cornflake tart  
& custard

Milk Gluten Sulphur Dioxide



TUESDAY

Savoury beef with  
mashed potatoes  
& Yorkshire pudding

Celery Milk Egg Fish Gluten

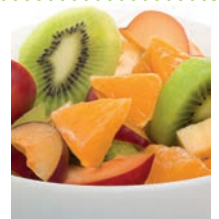
**TODAY'S VEGETARIAN OPTION**

Savoury quorn with mashed potatoes  
& Yorkshire pudding

Celery Milk Egg Gluten



Fruit salad



WEDNESDAY

BBQ Chicken pizza  
& potato wedges

Milk Gluten

**TODAY'S VEGETARIAN OPTION**

Margherita pizza  
& jacket wedges

Milk Gluten



Magic chocolate pudding  
& chocolate sauce

Milk Egg Gluten



THURSDAY

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

Milk Egg Gluten

**TODAY'S VEGETARIAN OPTION**

Quorn roast, stuffing, gravy,  
mashed & roast potatoes

Milk Egg Gluten



Fruit yoghurt  
& apple wedge

Milk



FRIDAY

MSC Fish fingers  
& diced potatoes

Fish Gluten

**TODAY'S VEGETARIAN OPTION**

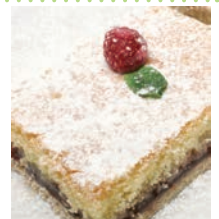
Vegetable & cheese bake  
& diced potatoes

Mustard Milk Gluten



Bakewell tart  
& custard

Milk Egg Gluten Sulphur Dioxide



SERVED DAILY

**Best of both bread** Gluten and Soya **Seasonal vegetables** available daily **Coleslaw** Egg when served  
**Vegetarian meals can be made 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



THE CARLTON  
INFANT ACADEMY



### FIRST COURSE

### SECOND COURSE

MONDAY

Quorn dippers  
& savoury rice

Milk Egg Gluten



Fruit salad



TUESDAY

Nottinghamshire sausage,  
Yorkshire pudding, gravy  
& mashed potatoes

Milk Egg Gluten Sulphur Dioxide

**TODAY'S VEGETARIAN OPTION**

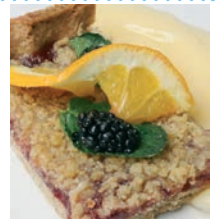
Quorn sausage, gravy  
& mashed potatoes

Milk Egg Gluten



Crispy jam tart  
& custard

Milk Gluten Sulphur Dioxide



WEDNESDAY

Spaghetti bolognese  
& garlic slice

Soya Milk Fish Gluten

**TODAY'S VEGETARIAN OPTION**

Quorn spaghetti bolognese  
& garlic slice

Soya Milk Egg Gluten



Fruit yoghurt  
& apple wedge

Milk



THURSDAY

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

Milk Egg Gluten

**TODAY'S VEGETARIAN OPTION**

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

Milk Egg Gluten



Cheese, crackers  
& apple wedge

Milk Gluten



FRIDAY

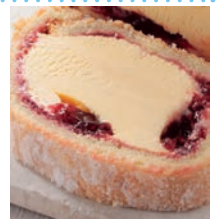
Fish goujons  
& potato wedges

Fish Gluten



Raspberry ripple  
ice cream roll

Soya Milk Egg Gluten



SERVED DAILY

**Best of both bread** Gluten and Soya **Seasonal vegetables** available daily **Coleslaw** Egg when served  
**Vegetarian meals can be made available upon request**



AUTUMN WINTER 2019/20

## MENU WEEK 3

WEEK COMMENCING

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



THE CARLTON  
INFANT ACADEMY

### FIRST COURSE

### SECOND COURSE

MONDAY

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



Fruit salad

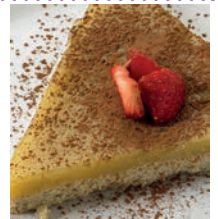


TUESDAY

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



Butterscotch tart



**TODAY'S VEGETARIAN OPTION**  
Quorn burger in a bun  
& carrot fries  
*Soya Milk Egg Gluten*

*Milk Gluten*

WEDNESDAY

Porkies in gravy,  
Yorkshire pudding  
& mashed potatoes  
*Soya Milk Egg Gluten*



Cherry pie  
& custard



**TODAY'S VEGETARIAN OPTION**  
Vegeballs in gravy, Yorkshire pudding  
& mashed potatoes  
*Soya Milk Egg Gluten*

*Milk Gluten*

THURSDAY

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



Icky sticky pudding  
& custard



**TODAY'S VEGETARIAN OPTION**  
Quorn roast, stuffing & gravy  
with mashed & roast potatoes  
*Milk Egg Gluten*

*Milk Egg Gluten*

FRIDAY

MSC Breaded fish  
& chips  
*Fish Gluten*



Fruit yoghurt  
& apple wedge  
*Milk*



SERVED DAILY

**Best of both bread** *Gluten and Soya* **Seasonal vegetables** available daily **Coleslaw** *Egg* when served  
**Vegetarian meals can be made available upon request**