



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  
JUNIOR ACADEMY



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



Vegetarian sausage roll,  
gravy & roast potatoes

Soya Gluten



Beef & vegetable pie  
with mashed potatoes

Milk Fish Gluten



BBQ Chicken pizza  
& potato wedges

Milk Gluten



Nottinghamshire sausage,  
Yorkshire pudding, gravy  
& mashed potatoes

Milk Egg Gluten Sulphur Dioxide



MSC Fish fingers  
& diced potatoes

Fish Gluten

#### OR



Jacket potatoes with  
cheese, beans or tuna  
& mixed salad

Milk Egg Fish

#### OR



Tomato & basil pasta  
with garlic slice

Soya Milk 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



Vegetable & cheese bake  
& diced potatoes

Mustard Milk Gluten

#### DESSERT



Cornflake tart  
& custard

Milk Gluten Sulphur Dioxide

#### DESSERT



Fruit salad

#### DESSERT



Magic chocolate pudding  
& chocolate sauce

Milk Egg Gluten

#### DESSERT



Pancake with frozen yoghurt  
& hot cherries

Milk Egg 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



THE CARLTON  
JUNIOR ACADEMY



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Quorn dippers  
& savoury rice

Milk Egg Gluten



Porkies in gravy,  
Yorkshire pudding  
& mashed potatoes

Soya Milk Egg Gluten



Spaghetti bolognese  
& garlic slice

Soya Milk Fish Gluten



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

Milk Egg Gluten



Fish goujons  
& potato wedges

Fish Gluten

OR



Jacket potatoes with  
cheese, beans or tuna  
& mixed salad

Milk Egg Fish

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



Quorn sausage twist  
& jacket wedges

Milk Egg Gluten

DESSERT



Rice pudding  
& jam

Milk Sulphur Dioxide

DESSERT



Fruit flapjack

Gluten

DESSERT



Fruit cookie  
& hot chocolate

Milk Gluten

DESSERT



Butterscotch mousse  
& shortbread finger

Milk 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



THE CARLTON  
JUNIOR ACADEMY



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**



Mediterranean tart  
& baby baked potatoes

Milk Gluten



Venison burger  
in a wholemeal bun  
& carrot fries

Soya Egg Gluten Sulphur Dioxide



All day breakfast wrap  
& diced potatoes

Celery Milk Egg Gluten Sulphur Dioxide



Roast turkey,  
stuffing & gravy with  
mashed & roast potatoes

Gluten



MSC Breaded fish  
& chips

Fish Gluten

**OR**



Jacket potatoes with  
cheese, beans or tuna  
& mixed salad

Milk Egg Fish

**OR**



Tomato & basil pasta  
with garlic slice

Soya Milk 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**



Winter fruit salad  
& Vanilla sauce.

Milk

**DESSERT**



Butterscotch tart

Milk Gluten

**DESSERT**



Chocolate ice cream roll  
& chocolate sauce

Soya Milk Egg Gluten

**DESSERT**



Honey & oatmeal cookie  
with milkshake

Milk Gluten

**DESSERT**



Cheese, crackers  
& apple wedge

Milk Gluten

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