



AUTUMN WINTER 2019/20

MENU WEEK 1

WEEK COMMENCING

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



Costock C of E
Primary School



FIRST COURSE

SECOND COURSE

MONDAY

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



Cornflake tart
& custard

Milk Gluten Sulphur Dioxide



TUESDAY

Savoury beef with
mashed potatoes
& Yorkshire pudding
Celery Milk Egg Fish Gluten



Fruit in jelly
& shortbread biscuit

Gluten



WEDNESDAY

BBQ Chicken pizza
& potato wedges
Milk Gluten



Magic chocolate pudding
& chocolate sauce

Milk Egg Gluten



THURSDAY

Nottinghamshire sausage,
Yorkshire pudding, gravy
& mashed potatoes
Milk Egg Gluten Sulphur Dioxide



Chocolate rice pudding

Milk



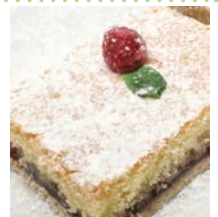
FRIDAY

MSC Fish fingers
& diced potatoes
Fish 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



Costock C of E
Primary School



FIRST COURSE

SECOND COURSE

MONDAY

Tuna & sweetcorn pasta
& garlic bread

Soya Milk Fish Gluten



Marble sponge
& custard

Milk Egg Gluten



TUESDAY

Nottinghamshire sausage,
Yorkshire pudding, gravy
& mashed potatoes

Milk Egg Gluten Sulphur Dioxide



Fruit flapjack

Gluten



WEDNESDAY

Spaghetti bolognese
& garlic slice

Soya Milk Fish Gluten



Fruit cookie
& hot chocolate

Milk Gluten



THURSDAY

Chicken enchiladas
& savoury rice

Milk Gluten



Fruits of the forest muffin

Egg Gluten



FRIDAY

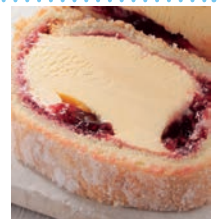
Fish goujons
& potato wedges

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



Costock C of E
Primary School



FIRST COURSE

SECOND COURSE

MONDAY

Pasta Neopolitan
& garlic slice

Soya Milk Gluten Sulphur Dioxide



Fruit yoghurt
& apple wedge

Milk



TUESDAY

Beef lasagne
& garlic slice

Mustard Soya Milk Fish Gluten



Butterscotch tart

Milk Gluten



WEDNESDAY

Porkies in gravy,
Yorkshire pudding
& mashed potatoes

Soya Milk Egg Gluten



Chocolate ice cream roll
& chocolate sauce

Soya Milk Egg Gluten



THURSDAY

Roast turkey,
stuffing & gravy with
mashed & roast potatoes

Gluten



Honey & oatmeal cookie
with milkshake

Milk Gluten



FRIDAY

MSC Breaded fish
& chips

Fish Gluten



Apple & cinnamon muffin

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