



AUTUMN WINTER 2019/20

Cotgrave C of E
Primary School

MENU WEEK 1

WEEK COMMENCING

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



FIRST COURSE

SECOND COURSE

MONDAY

Vegetarian sausage roll,
gravy & roast potatoes

Soya Gluten



Apple & plum crumble
& custard

Milk Gluten



TUESDAY

Tomato & basil pasta
with garlic slice

Soya Milk Gluten



Fruit yoghurt
& apple wedge

Milk



WEDNESDAY

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

Milk Egg Gluten



Pancake with frozen yoghurt
& hot cherries

Milk Egg Gluten



THURSDAY

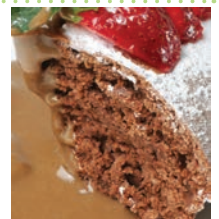
BBQ Chicken pizza
& potato wedges

Milk Gluten



Magic chocolate pudding
& chocolate sauce

Milk Egg Gluten



FRIDAY

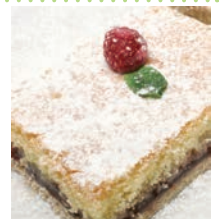
Panini & salad,
assorted fillings

Milk 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



Cotgrave C of E
Primary School

FIRST COURSE

SECOND COURSE

MONDAY

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



Marble sponge
& custard
Milk Egg Gluten



TUESDAY

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



Fruit apjack
Gluten



WEDNESDAY

Roast gammon,
Yorkshire pudding, gravy,
mashed & roast potatoes
Milk Egg Gluten



Fruit yoghurt
& apple wedge
Milk



THURSDAY

Spaghetti bolognese
& garlic slice
Soya Milk Fish Gluten



Fruit cookie
& hot chocolate
Milk Gluten

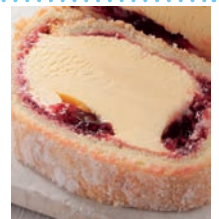


FRIDAY

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



Cotgrave C of E
Primary School

FIRST COURSE

SECOND COURSE

MONDAY

Pasta Neapolitan
& garlic slice

Soya Milk Gluten Sulphur Dioxide



Fruit yoghurt
& apple wedge

Milk



TUESDAY

Venison burger
in a wholemeal bun
& carrot fries

Soya Egg Gluten Sulphur Dioxide



Butterscotch tart

Milk Gluten



WEDNESDAY

Roast turkey,
stuffing & gravy with
mashed & roast potatoes

Gluten



Honey & oatmeal cookie
with milkshake

Milk Gluten



THURSDAY

All day breakfast wrap
& diced potatoes

Celery Milk Egg Gluten Sulphur Dioxide



Chocolate ice cream roll
& chocolate sauce

Soya Milk Egg 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