



AUTUMN WINTER 2019/20

## MENU WEEK 1

Flintham  
Primary School

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



Cornflake tart  
& custard

Milk Gluten Sulphur Dioxide



TUESDAY

Savoury beef with  
mashed potatoes &  
Yorkshire pudding

Celery Milk Egg Fish Gluten



Coconut sponge  
& custard

Milk Egg Gluten Sulphur Dioxide



WEDNESDAY

BBQ Chicken pizza  
& potato wedges

Milk Gluten



Strawberry mousse  
& fruit

Milk



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



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**



AUTUMN WINTER 2019/20

## MENU WEEK 2

WEEK COMMENCING

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



Flintham  
Primary School

### FIRST COURSE

### SECOND COURSE

MONDAY

Quorn dippers  
& savoury rice

Milk Egg Gluten



Rice pudding  
& jam

Milk Sulphur Dioxide



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



Spiced apple cake  
& custard

Milk Egg Gluten



THURSDAY

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

Milk Egg Gluten



Chocolate mousse  
& shortbread finger

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



Flintham  
Primary School

### FIRST COURSE

### SECOND COURSE

MONDAY

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



Fruit yoghurt  
& apple wedge

**Milk**



TUESDAY

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



Oaty apple crumble  
& custard

**Milk Gluten**



WEDNESDAY

Sweet & sour chicken  
& wholegrain rice

**Celery**



Chocolate ice cream roll  
& chocolate sauce

**Soya Milk Egg Gluten**



THURSDAY

Turkey & vegetable pie  
roast potatoes & gravy

**Milk Fish Gluten**



Icky sticky pudding  
& custard

**Milk Egg Gluten**



FRIDAY

MSC Breaded fish  
& chips

**Fish Gluten**



Fruit salad



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**