



## AUTUMN WINTER 2019/20

# MENU WEEK 1

### WEEK COMMENCING

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



Forest Town  
Primary School



### 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

Chicken casserole,  
mashed potatoes  
& Yorkshire pudding  
Milk Egg Gluten Sulphur Dioxide Celery



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



Oatmeal & yoghurt muffin

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 2

WEEK COMMENCING

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



Forest Town  
Primary School



### FIRST COURSE

### SECOND COURSE

MONDAY

Quorn dippers  
& savoury rice

Milk Egg Gluten



Marble sponge  
& custard

Milk Egg Gluten



TUESDAY

Porkies in gravy,  
Yorkshire pudding  
& mashed potatoes

Soya Milk Egg Gluten



Fruit flapjack

Gluten



WEDNESDAY

Spaghetti bolognese  
& garlic slice

Soya Milk Fish Gluten



Fruit cookie  
& hot chocolate

Milk Gluten



THURSDAY

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

Milk Egg Gluten



Fruits of the forest muffin

Egg Gluten



FRIDAY

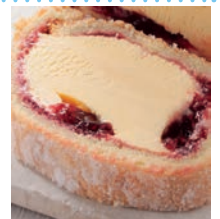
Fish goujons  
& potato wedges

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



Forest Town  
Primary School



### FIRST COURSE

### SECOND COURSE

MONDAY

Pasta Neopolitan  
& garlic slice

Soya Milk Gluten Sulphur Dioxide



Cheese, crackers  
& apple wedge

Milk Gluten



TUESDAY

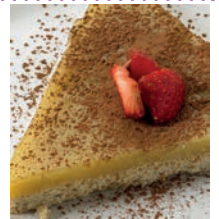
Venison burger  
in a wholemeal bun  
& carrot fries

Soya Egg Gluten Sulphur Dioxide



Butterscotch tart

Milk Gluten



WEDNESDAY

Sweet & sour chicken  
& wholegrain rice

Celery



Chocolate ice cream roll  
& chocolate sauce

Soya Milk Egg Gluten



THURSDAY

Roast turkey,  
stuffing & gravy with  
mashed & roast potatoes

Gluten



Icky sticky pudding  
& custard

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**