



AUTUMN WINTER 2019/20

## MENU WEEK 1

Good Shepherd Catholic  
Voluntary Academy

WEEK COMMENCING

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



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



Vegetarian sausage roll,  
gravy & roast potatoes

Soya Gluten



Beef Tacos  
& potato wedges

Fish

Quorn tacos  
& jacket wedges

Egg



BBQ Chicken pizza  
& potato wedges

Milk Gluten

Margherita pizza  
& jacket wedges

Milk Gluten



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

Milk Egg Gluten

Quorn roast, stuffing, gravy,  
mashed & roast potatoes

Milk Egg Gluten



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



Sweet & sticky turkey  
noodles

Soya Egg Gluten Sesame

OR



Macaroni vegetable cheese  
& garlic bread

Mustard Soya Milk Gluten

OR



Jacket potatoes with  
cheese, beans or tuna  
& mixed salad

Milk Egg Fish

### DESSERT



Cornflake tart  
& custard

Milk Gluten Sulphur Dioxide

Cheese, crackers & apple  
wedge

Milk Gluten

### DESSERT



Coconut sponge  
& custard

Milk Egg Gluten Sulphur Dioxide

Fruit salad

### DESSERT



Magic chocolate pudding  
& chocolate sauce

Milk Egg Gluten

Cheese, crackers & apple  
wedge

Milk Gluten

### DESSERT



Chocolate rice pudding

Milk

Cheese, crackers & apple  
wedge

Milk Gluten

### DESSERT



Oatmeal & yoghurt muffin

Milk Egg Gluten

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





AUTUMN WINTER 2019/20

## MENU WEEK 2

Good Shepherd Catholic  
Voluntary Academy

WEEK COMMENCING

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



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



Quorn dippers  
& savoury rice

Milk Egg Gluten



Nottinghamshire sausage,  
Yorkshire pudding, gravy  
& mashed potatoes

Milk Egg Gluten Sulphur Dioxide



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



Vegeballs in gravy,  
Yorkshire pudding  
& mashed potatoes

Soya Milk Egg Gluten

OR



Jacket potatoes with  
cheese, beans or tuna  
& mixed salad

Milk Egg Fish

OR



Cheesy tomato pasta  
& garlic slice

Soya Milk Gluten

OR



Jacket potatoes with  
cheese, beans or tuna  
& mixed salad

Milk Egg Fish

DESSERT



Marble sponge  
& custard

Milk Egg Gluten

DESSERT



Fruit flapjack

Gluten

DESSERT



Fruit cookie  
& hot chocolate

Milk Gluten

DESSERT



Fruits of the forest muffin

Egg Gluten

DESSERT



Pear & chocolate sponge  
& chocolate sauce

Milk Egg Gluten

Fruit salad

Fruit salad

Fruit salad

Fruit salad

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



AUTUMN WINTER 2019/20

## MENU WEEK 3

WEEK COMMENCING

16 Sept, 7 Oct, 11 Nov,  
2 Dec, 6 Jan, 27 Jan

Good Shepherd Catholic  
Voluntary Academy



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



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



Beef lasagne  
& garlic slice  
**Mustard Soya Milk Fish Gluten**



Porkies in gravy,  
Yorkshire pudding  
& mashed potatoes  
**Soya Milk Egg Gluten**



Roast turkey,  
stuffing & gravy with  
mashed & roast potatoes  
**Gluten**



MSC Breaded fish  
& chips  
**Fish Gluten**

OR



Pasta Neopolitan  
& garlic slice  
**Soya Milk Gluten Sulphur Dioxide**

OR



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

OR



Sweet & sour chicken  
& wholegrain rice  
**Celery**

OR



Cheesey leek pasta  
& garlic slice  
**Mustard Soya Milk Gluten**

OR



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

### DESSERT



Carrot & pineapple traybake  
& cream  
**Milk Egg Gluten**

### 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



Apple & cinnamon muffin  
**Egg Gluten**

Cheese, crackers & apple  
wedge  
**Milk Gluten**

Fruit salad

Fruit salad

Fruit salad

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**