



AUTUMN WINTER 2019/20

MENU WEEK 1

WEEK COMMENCING

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



Gunthorpe C of E
Primary School

FIRST COURSE

SECOND COURSE

MONDAY

Margherita pizza
& jacket wedges

Milk Gluten



Fruit yoghurt
& apple wedge

Milk



TUESDAY

Beef Tacos
& potato wedges

Fish



Fruit in jelly
& shortbread biscuit

Gluten



WEDNESDAY

Panini & salad,
assorted fillings

Milk Fish Gluten



Strawberry mousse
& fruit

Milk



THURSDAY

Nottinghamshire sausage,
Yorkshire pudding, gravy
& mashed potatoes

Milk Egg Gluten Sulphur Dioxide



Pancake with frozen yoghurt
& hot cherries

Milk Egg Gluten



FRIDAY

MSC Fish fingers
& diced potatoes

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



AUTUMN WINTER 2019/20

MENU WEEK 2

WEEK COMMENCING

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



Gunthorpe C of E
Primary School

FIRST COURSE

SECOND COURSE

MONDAY

Quorn dippers
& savoury rice

Milk Egg Gluten



Cheese, crackers
& apple wedge

Milk Gluten



TUESDAY

Mediterranean tagliatelle
& garlic slice

Soya Milk Gluten



Fruit flapjack

Gluten



WEDNESDAY

Spaghetti bolognese
& garlic slice

Soya Milk Fish Gluten



Fruit salad



THURSDAY

Chicken enchiladas
& savoury rice

Milk Gluten



Fruits of the forest muffin

Egg Gluten



FRIDAY

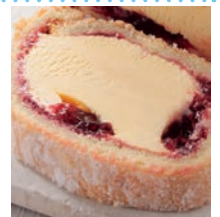
Fish goujons
& potato wedges

Soya 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

Gunthorpe C of E
Primary School



FIRST COURSE

SECOND COURSE

MONDAY

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



Winter fruit salad
& Vanilla sauce.
Milk



TUESDAY

Tomato & basil pasta
with garlic slice
Soya Milk Gluten



Fruit yoghurt
& apple wedge
Milk



WEDNESDAY

All day breakfast wrap
& diced potatoes
Celery Milk Egg Gluten Sulphur Dioxide



Chocolate ice cream roll
& chocolate sauce
Soya Milk Egg Gluten



THURSDAY

Cheesy leek pasta
& garlic slice
Mustard Soya Milk 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