



AUTUMN WINTER 2019/20

## MENU WEEK 1

WEEK COMMENCING

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



Healdswood  
Infant & Nursery  
School

### FIRST COURSE

### SECOND COURSE

MONDAY

Vegetarian sausage roll, gravy  
& roast potatoes

Soya Gluten



Cheese, crackers  
& apple wedge

Milk Gluten



TUESDAY

Savoury beef  
with mashed potatoes  
& Yorkshire pudding

Celery Milk Egg Fish Gluten



Fruit yoghurt  
& apple wedge

Milk



WEDNESDAY

Margherita pizza  
& jacket wedges

Milk Gluten



Magic chocolate pudding  
& chocolate sauce

Milk Egg Gluten



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



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



Healdswood  
Infant & Nursery  
School

### FIRST COURSE

### SECOND COURSE

MONDAY

Quorn dippers  
& savoury rice

Milk Egg Gluten



Marble sponge  
& custard

Milk Egg Gluten



TUESDAY

Nottinghamshire sausage,  
Yorkshire pudding, gravy  
& mashed potatoes

Milk Egg Gluten Sulphur Dioxide



Fruit apjack

Gluten



WEDNESDAY

Spaghetti bolognese  
& garlic slice

Soya Milk Fish Gluten



Fruit yoghurt  
& apple wedge

Milk



THURSDAY

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

Milk Egg Gluten



Cheese, crackers  
& apple wedge

Milk Gluten



FRIDAY

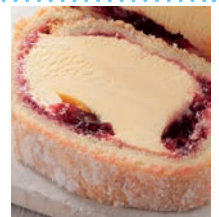
Fish goujons  
& potato wedges

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



Healdswood  
Infant & Nursery  
School

### FIRST COURSE

### SECOND COURSE

MONDAY

Pasta Neopolitan  
& 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



Cheese, crackers  
& apple wedge

Milk Gluten



WEDNESDAY

All day breakfast wrap  
& diced potatoes

Celery Milk Egg Gluten Sulphur Dioxide



Chocolate ice cream roll  
& chocolate sauce

Soya Milk Egg Gluten



THURSDAY

Roast turkey,  
stuffing & gravy with  
mashed & roast potatoes

Gluten



Honey & oatmeal cookie  
with milkshake

Milk Gluten



FRIDAY

MSC Breaded fish  
& chips

Fish Gluten



Fruit topped yoghurt  
& jelly layer

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**