



AUTUMN WINTER 2019/20

## MENU WEEK 1

WEEK COMMENCING

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



Heathlands  
Primary School



### FIRST COURSE

### SECOND COURSE

MONDAY

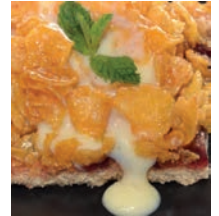
Vegetarian sausage roll,  
gravy & roast potatoes

Soya Gluten



Cornflake tart  
& custard

Milk Gluten Sulphur Dioxide



TUESDAY

Beef & vegetable pie  
with mashed potatoes

Milk Fish Gluten

**TODAY'S VEGETARIAN OPTION**

Quorn & vegetable pie,  
gravy & roast potatoes

Egg Gluten



Fruit in jelly  
& shortbread biscuit

Gluten



WEDNESDAY

Jacket potatoes with  
cheese, beans or tuna  
& mixed salad

Milk Egg Fish



Magic chocolate pudding  
& chocolate sauce

Milk Egg Gluten



THURSDAY

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

Milk Egg Gluten

**TODAY'S VEGETARIAN OPTION**

Quorn roast, stuffing, gravy,  
mashed & roast potatoes

Milk Egg Gluten



Cheese, crackers  
& apple wedge

Milk Gluten



FRIDAY

MSC Fish fingers  
& diced potatoes

Fish Gluten

**TODAY'S VEGETARIAN OPTION**

Fishless finger  
& jacket wedges

Gluten



Bakewell tart  
& custard

Milk Egg Gluten Sulphur Dioxide



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



Heathlands  
Primary 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

**TODAY'S VEGETARIAN OPTION**

Quorn sausage, gravy  
& mashed potatoes

Milk Egg Gluten



Fruit flapjack

Gluten



WEDNESDAY

Jacket potatoes with  
cheese, beans or tuna  
& mixed salad

Milk Egg Fish



Fruit cookie  
& hot chocolate

Milk Gluten



THURSDAY

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

Milk Egg Gluten

**TODAY'S VEGETARIAN OPTION**

Roast Quorn, Yorkshire pudding &  
gravy with mashed & roast potatoes

Milk Egg Gluten



Fruits of the forest muffin

Egg Gluten



FRIDAY

Salmon & sweet potato fishcake  
& jacket wedges

Mustard Soya Milk Egg Fish Gluten

**TODAY'S VEGETARIAN OPTION**

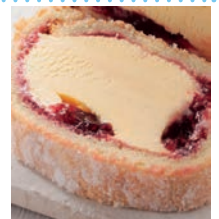
Fishless finger  
& jacket wedges

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



Heathlands  
Primary School



### FIRST COURSE

### SECOND COURSE

MONDAY

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



Carrot & pineapple traybake  
& cream

*Milk Egg Gluten*



TUESDAY

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



Butterscotch tart

*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*



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**