



AUTUMN WINTER 2019/20

MENU WEEK 1

WEEK COMMENCING

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



Langar C of E
Primary School

FIRST COURSE

SECOND COURSE

MONDAY

Vegetarian sausage roll, gravy
& roast potatoes

Soya Gluten



Apple & plum crumble
& custard

Milk Gluten



TUESDAY

Beef Tacos
& potato wedges

Fish

TODAY'S VEGETARIAN OPTION

Quorn tacos
& jacket wedges

Egg



Coconut sponge
& custard

Milk Egg Gluten Sulphur Dioxide



WEDNESDAY

BBQ Chicken pizza
& potato wedges

Milk Gluten

TODAY'S VEGETARIAN OPTION

Margherita pizza
& jacket wedges

Milk Gluten



Strawberry mousse
& fruit

Milk



THURSDAY

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 salad



FRIDAY

MSC Fish fingers
& diced potatoes

Fish Gluten

TODAY'S VEGETARIAN OPTION

Fishless finger
& jacket wedges

Gluten



Cheese, crackers
& apple wedge

Milk 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



Langar C of E
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

Spaghetti bolognese
& garlic slice

Soya Milk Fish Gluten

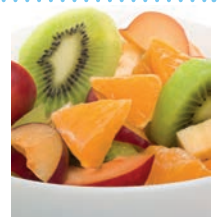
TODAY'S VEGETARIAN OPTION

Quorn spaghetti bolognese
& garlic slice

Soya Milk Egg Gluten



Fruit salad



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

Fish goujons
& potato wedges

Fish Gluten

TODAY'S VEGETARIAN OPTION

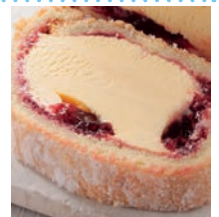
Fishless finger
& jacket wedges

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

Langar C of E
Primary School



FIRST COURSE

SECOND COURSE

MONDAY

Vegetable nuggets
with BBQ dip &
baby baked potatoes
Gluten



Carrot & pineapple traybake
& cream

Milk Egg Gluten



TUESDAY

Beef lasagne
& garlic slice

Mustard Soya Milk Fish Gluten

TODAY'S VEGETARIAN OPTION

Quorn lasagne
& garlic slice

Mustard Milk Egg Gluten



Oaty apple crumble
& custard

Milk Gluten



WEDNESDAY

Sweet & sour chicken
& wholegrain rice

Celery

TODAY'S VEGETARIAN OPTION

Sweet & sour quorn
& wholegrain rice

Celery Egg



Fruit salad



THURSDAY

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

TODAY'S VEGETARIAN OPTION

Quorn roast, stuffing & gravy
with mashed & roast potatoes

Milk Egg Gluten



Cheese, crackers
& apple wedge

Milk Gluten



FRIDAY

MSC Breaded fish
& chips

Fish Gluten

TODAY'S VEGETARIAN OPTION

Fishless finger
& chips

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