

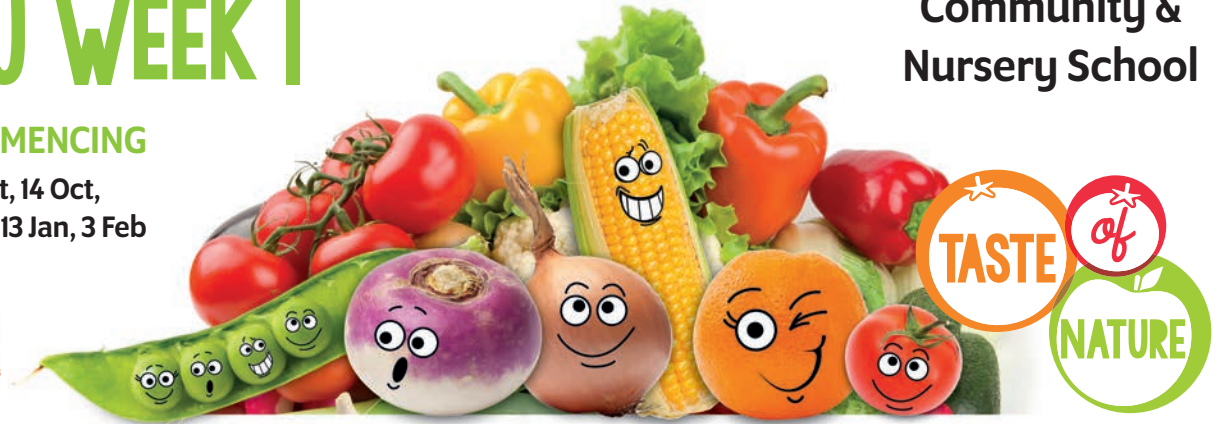


AUTUMN WINTER 2019/20

MENU WEEK 1

WEEK COMMENCING

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



Langold Dyscarr
Community &
Nursery School

FIRST COURSE

SECOND COURSE

MONDAY

Vegetarian sausage roll, gravy
& roast potatoes

Soya Gluten



Cornflake tart
& custard

Milk Gluten Sulphur Dioxide



TUESDAY

Savoury beef with
mashed potatoes
& Yorkshire pudding
Celery Milk Egg Fish Gluten



Fruit in jelly
& shortbread biscuit

Gluten



WEDNESDAY

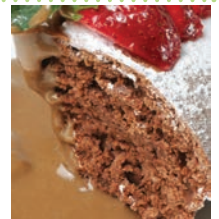
BBQ Chicken pizza
& potato wedges

Milk Gluten



Magic chocolate pudding
& chocolate sauce

Milk Egg Gluten



THURSDAY

Nottinghamshire sausage,
Yorkshire pudding, gravy
& mashed potatoes
Milk Egg Gluten Sulphur Dioxide



Cheese, crackers
& apple wedge

Milk 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



Langold Dyscarr
Community &
Nursery School

FIRST COURSE

SECOND COURSE

MONDAY

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



Marble sponge
& custard
Milk Egg Gluten



TUESDAY

Nottinghamshire sausage,
Yorkshire pudding, gravy
& mashed potatoes
Milk Egg Gluten Sulphur Dioxide



Crispy jam tart
& custard
Milk Gluten Sulphur Dioxide



WEDNESDAY

Spaghetti bolognese
& garlic slice
Soya Milk Fish Gluten



Fruit cookie
& hot chocolate
Milk Gluten



THURSDAY

Roast gammon,
Yorkshire pudding, gravy,
mashed & roast potatoes
Milk Egg Gluten



Butterscotch mousse
& shortbread finger
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

Langold Dyscarr
Community &
Nursery School



FIRST COURSE

SECOND COURSE

MONDAY

Vegetable nuggets
with BBQ dip &
baby baked potatoes
Gluten



Carrot & pineapple traybake
& cream

Milk Egg Gluten



TUESDAY

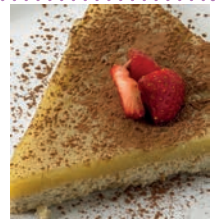
Beef lasagne
& garlic slice

Mustard Soya Milk Fish Gluten



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