



AUTUMN WINTER 2019/20

MENU WEEK 1

WEEK COMMENCING

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



Lovers' Lane Primary
and Nursery School



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Vegetarian sausage roll,
gravy & roast potatoes

Soya Gluten

Panini & salad,
assorted fillings

Milk Fish Gluten

OR



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish



Tomato & basil pasta
& garlic bread

Soya Milk Gluten

OR



Filled roll with cheese,
ham, egg or tuna
& mixed salad

Soya Milk Egg Fish Gluten



BBQ chicken pizza
& potato wedges

Milk Gluten

OR



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish



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

Milk Egg Gluten

Quorn roast, stuffing, gravy,
mashed & roast potatoes

Milk Egg Gluten

OR



Filled roll with cheese,
ham, egg or tuna
& mixed salad

Soya Milk Egg Fish Gluten



MSC Fish fingers
& diced potatoes

Fish Gluten

OR



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish



Cornflake tart
& custard

Milk Gluten Sulphur Dioxide

Fruit yoghurt
& apple wedge

Milk



Fruit in jelly
& shortbread biscuit

Gluten

Fruit yoghurt
& apple wedge

Milk



Strawberry mousse
& fruit

Milk

Fruit yoghurt
& apple wedge

Milk



Pancake with frozen yoghurt
& hot cherries

Milk Egg Gluten

Fruit yoghurt
& apple wedge

Milk



Cheese, crackers
& apple wedge

Milk Gluten

Fruit yoghurt
& apple wedge

Milk

AVAILABLE DAILY: Best of both bread **Gluten** and **Soya** Seasonal **vegetables** available daily **Coleslaw** **Egg** when served. **Vegetarian meals** 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



Lovers' Lane Primary
and Nursery School



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Quorn dippers
& savoury rice

Milk Egg Gluten

Panini & salad,
assorted fillings

Milk Fish Gluten

OR



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish

DESSERT



Fruit salad

Fruit yoghurt
& apple wedge

Milk



Nottinghamshire sausage,
Yorkshire pudding, gravy
& mashed potatoes

Milk Egg Gluten Sulphur Dioxide

Quorn sausage, gravy
& mashed potatoes

Milk Egg Gluten

OR



Filled roll with cheese,
ham, egg or tuna
& mixed salad

Soya Milk Egg Fish Gluten

DESSERT



Fruit flapjack

Gluten

Fruit yoghurt
& apple wedge

Milk



Spaghetti bolognese
& garlic slice

Soya Milk Fish Gluten

OR



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish

DESSERT



Fruit cookie
& hot chocolate

Milk Gluten

Fruit yoghurt
& apple wedge

Milk



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

Milk Egg Gluten

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

Milk Egg Gluten

OR



Filled roll with cheese,
ham, egg or tuna
& mixed salad

Soya Milk Egg Fish Gluten

DESSERT



Butterscotch mousse
& shortbread finger

Milk Gluten

Fruit yoghurt
& apple wedge

Milk



Fish goujons
& potato wedges

Fish Gluten

OR



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish

DESSERT



Raspberry ripple i
ce cream roll

Soya Milk Egg Gluten

Fruit yoghurt
& apple wedge

Milk

AVAILABLE DAILY: Best of both bread **Gluten** and **Soya** Seasonal vegetables available daily Coleslaw **Egg** when served. **Vegetarian meals available upon request**



AUTUMN WINTER 2019/20

MENU WEEK 3

WEEK COMMENCING

16 Sept, 7 Oct, 11 Nov,
2 Dec, 6 Jan, 27 Jan



Lovers' Lane Primary
and Nursery School



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish

Pasta Neapolitan
& garlic slice

Soya Milk Gluten Sulphur Dioxide

OR



Panini & salad,
assorted fillings

Milk Fish Gluten

DESSERT



Fruit yoghurt
& apple wedge

Milk



Venison burger
in a wholemeal bun
& carrot fries

Soya Egg Gluten Sulphur Dioxide

Quorn burger in a bun
& carrot fries

Soya Milk Egg Gluten

OR



Filled roll with cheese,
ham, egg or tuna
& mixed salad

Soya Milk Egg Fish Gluten

DESSERT



Butterscotch tart

Milk Gluten

Fruit yoghurt
& apple wedge

Milk



All day breakfast wrap
& diced potatoes

Celery Milk Egg Gluten Sulphur Dioxide

OR



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish

DESSERT



Chocolate ice cream roll
& chocolate sauce

Soya Milk Egg Gluten

Fruit yoghurt
& apple wedge

Milk



Roast turkey,
stuffing & gravy with
mashed & roast potatoes

Gluten

Quorn roast, stuffing & gravy
with mashed & roast potatoes

Milk Egg Gluten

OR



Filled roll with cheese,
ham, egg or tuna
& mixed salad

Soya Milk Egg Fish Gluten

DESSERT



Honey & oatmeal cookie
with milkshake

Milk Gluten

Fruit yoghurt
& apple wedge

Milk



MSC Breaded fish
& chips

Fish Gluten

OR



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish

DESSERT



Fruit topped yoghurt
& jelly layer

Milk

Fruit yoghurt
& apple wedge

Milk

AVAILABLE DAILY: Best of both bread Gluten and Soya Seasonal vegetables available daily Coleslaw Egg when served. Vegetarian meals available upon request