



AUTUMN WINTER 2019/20

## MENU WEEK 1

WEEK COMMENCING

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



Nettleworth  
Infant School



### FIRST COURSE

### SECOND COURSE

MONDAY

Vegetarian sausage roll,  
roast potatoes  
& tomato sauce  
*Soya Gluten*



Cornflake tart  
a glass of milk

*Milk Gluten Sulphur dioxide*



TUESDAY

Beef & vegetable pie  
with mashed potatoes

*Milk Fish Gluten*



Coconut sponge  
& custard

*Milk Egg Gluten Sulphur Dioxide*



WEDNESDAY

BBQ Chicken pizza  
& potato wedges

*Milk Gluten*



Strawberry mousse  
& fruit

*Milk*



THURSDAY

Roast pork, stuffing, gravy,  
mashed potatoes  
& Yorkshire pudding  
*Milk Egg Gluten*



Fruit yoghurt  
& apple wedge

*Milk*



FRIDAY

MSC Fish fingers  
& diced potatoes

*Fish 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



Nettleworth  
Infant 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 flapjack

Gluten



WEDNESDAY

Beef cottage pie,  
roast potatoes & gravy

Fish Gluten



Fruit cookie  
& hot chocolate

Milk Gluten



THURSDAY

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

Milk Egg Gluten



Fruits of the forest muffin

Egg Gluten



FRIDAY

Fish goujons  
& potato wedges

Fish Gluten



Fruit yoghurt  
& apple wedge

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**



AUTUMN WINTER 2019/20

## MENU WEEK 3

WEEK COMMENCING

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



Nettleworth  
Infant School



### FIRST COURSE

### SECOND COURSE

MONDAY

Pasta Neopolitan  
& garlic slice

Soya Milk Gluten Sulphur Dioxide



Winter fruit salad  
& Vanilla sauce.

Milk



TUESDAY

Venison burger  
in a wholemeal bun  
& carrot fries

Soya Egg Gluten Sulphur Dioxide



Butterscotch tart

Milk Gluten



WEDNESDAY

Jacket potatoes with  
cheese, beans or tuna  
& mixed salad

Milk Egg Fish



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 yoghurt  
& apple wedge

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**