



AUTUMN WINTER 2019/20

MENU WEEK 1

WEEK COMMENCING

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



Redlands Primary
& Nursery School

FIRST COURSE

SECOND COURSE

MONDAY

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



Cornflake tart
& custard

Milk Gluten Sulphur Dioxide



TUESDAY

Yorkshire pudding with
chipolatas & gravy

Milk Egg Gluten Sulphur Dioxide



Beef & vegetable pie
with mashed potatoes

Milk Fish Gluten

TODAY'S VEGETARIAN OPTION
Filled roll with cheese, ham,
egg or tuna & mixed salad
Soya Milk Egg Fish Gluten



WEDNESDAY

BBQ Chicken pizza
& potato wedges

Milk Gluten



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



Pancake with frozen yoghurt
& hot cherries

Milk Egg Gluten



FRIDAY

Tomato & mozzarella bruschetta
& salad

Milk Gluten Sesame



MSC Fish fingers
& diced potatoes

Fish 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



Redlands Primary
& Nursery School

FIRST COURSE

SECOND COURSE

MONDAY

Tuna & sweetcorn pasta
& garlic bread

Soya Milk Fish Gluten



Marble sponge
& custard

Milk Egg Gluten



TUESDAY

Nottinghamshire sausage,
Yorkshire pudding, gravy
& mashed potatoes

Milk Egg Gluten Sulphur Dioxide



Fruit flapjack

Gluten



WEDNESDAY

Cheese & bacon pinwheel
& salad

Milk Gluten



Spaghetti bolognese
& garlic slice

Soya Milk Fish Gluten



THURSDAY

Melon & ham salad



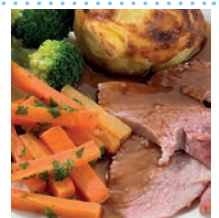
Roast gammon,
Yorkshire pudding, gravy,
mashed & roast potatoes

Milk Egg Gluten

TODAY'S VEGETARIAN OPTION

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

Milk Egg Gluten



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



Redlands Primary
& Nursery School

FIRST COURSE

SECOND COURSE

MONDAY

Vegetable nuggets
with BBQ dip &
baby baked potatoes
Gluten



Carrot & pineapple traybake
& cream

Milk Egg Gluten



TUESDAY

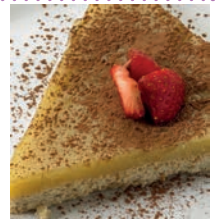
Beef lasagne
& garlic slice

Mustard Soya Milk Fish Gluten



Butterscotch tart

Milk Gluten



WEDNESDAY

Melon & ham salad



All day breakfast wrap
& diced potatoes

Celery Milk Egg Gluten Sulphur Dioxide



THURSDAY

Turkey & vegetable pie
roast potatoes & gravy

Milk Fish Gluten

TODAY'S VEGETARIAN OPTION

Filled roll with cheese, ham,
egg or tuna & mixed salad
Soya Milk Egg Fish Gluten



Icky sticky pudding
& custard

Milk Egg Gluten



FRIDAY

Tomato & mozzarella bruschetta
& salad

Milk Gluten Sesame



MSC Breaded fish
& chips

Fish 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