



AUTUMN WINTER 2019/20

MENU WEEK 1

WEEK COMMENCING

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



Robert Mellors
Primary and
Nursery School



FIRST COURSE

SECOND COURSE

MONDAY

Vegetarian sausage roll, gravy
& roast potatoes

Soya Gluten



Apple & plum crumble
& custard

Milk Gluten



TUESDAY

Savoury beef with
mashed potatoes
& Yorkshire pudding

Celery Milk Egg Fish Gluten

TODAY'S VEGETARIAN OPTION

Savoury quorn with mashed potatoes
& Yorkshire pudding

Celery Milk Egg Gluten



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 yoghurt
& apple wedge

Milk



FRIDAY

MSC Fish fingers
& diced potatoes

Fish Gluten



Fruit salad



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



Robert Mellors
Primary and
Nursery School



FIRST COURSE

SECOND COURSE

MONDAY

Quorn dippers
& savoury rice

Milk Egg Gluten



Marble sponge
& custard

Milk Egg Gluten



TUESDAY

Porkies in gravy,
Yorkshire pudding
& mashed potatoes

Soya Milk Egg Gluten

TODAY'S VEGETARIAN OPTION

Vegeballs in gravy, Yorkshire pudding
& mashed potatoes

Soya 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



Spiced apple cake
& custard

Milk Egg Gluten



THURSDAY

Cheesy tomato pasta
& garlic slice

Soya Milk Gluten



Butterscotch mousse
& shortbread finger

Milk Gluten



FRIDAY

Salmon & sweet potato fishcake
& jacket wedges

Mustard Soya Milk Egg 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



Robert Mellors
Primary and
Nursery School



FIRST COURSE

SECOND COURSE

MONDAY

Vegetable nuggets
with BBQ dip
& baby baked potatoes
Gluten



Fruit yoghurt
& apple wedge

Milk



TUESDAY

Venison burger
in a wholemeal bun
& carrot fries
Soya Egg Gluten Sulphur Dioxide



Oaty apple crumble
& custard

Milk Gluten



TODAY'S VEGETARIAN OPTION
Quorn burger in a bun
& carrot fries
Soya Milk Egg Gluten

WEDNESDAY

Sweet & sour chicken
& wholegrain rice



Chocolate ice cream roll
& chocolate sauce

Soya Milk Egg Gluten



Celery
TODAY'S VEGETARIAN OPTION
Sweet & sour quorn
& wholegrain rice
Celery Egg

THURSDAY

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



Cheese, crackers
& apple wedge

Milk Gluten



TODAY'S VEGETARIAN OPTION
Quorn roast, stuffing & gravy
with mashed & roast potatoes
Milk Egg Gluten

FRIDAY

MSC Breaded fish
& chips



Apple & cinnamon muffin

Egg Gluten



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

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