



AUTUMN WINTER 2019/20

## MENU WEEK 1

WEEK COMMENCING

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



Selston  
Church of England  
School

### FIRST COURSE

### SECOND COURSE

MONDAY

Vegetarian sausage roll, gravy  
& roast potatoes

Soya Gluten



Cornflake tart  
& custard

Milk Gluten Sulphur Dioxide



TUESDAY

Beef & vegetable pie  
with mashed potatoes

Milk Fish Gluten



Coconut sponge  
& custard

Milk Egg Gluten Sulphur Dioxide



**TODAY'S VEGETARIAN OPTION**  
Quorn & vegetable pie, gravy  
& roast potatoes

Egg Gluten

WEDNESDAY

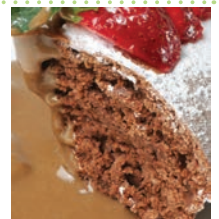
Chicken casserole,  
mashed potatoes  
& Yorkshire pudding

Celery Milk Egg Gluten Sulphur Dioxide



Magic chocolate pudding  
& chocolate sauce

Milk Egg Gluten



**TODAY'S VEGETARIAN OPTION**  
Quorn casserole, mashed potatoes  
& Yorkshire pudding

Celery Milk Egg Gluten

THURSDAY

Nottinghamshire sausage,  
Yorkshire pudding, gravy  
& mashed potatoes

Milk Egg Gluten Sulphur Dioxide



Fruit yoghurt  
& apple wedge

Milk



**TODAY'S VEGETARIAN OPTION**  
Quorn sausage, gravy  
& mashed potatoes

Milk Egg Gluten

FRIDAY

MSC Fish fingers  
& diced potatoes

Fish Gluten



Bakewell tart  
& custard

Milk Egg Gluten Sulphur Dioxide



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



Selston  
Church of England  
School

### FIRST COURSE

### SECOND COURSE

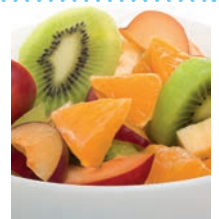
MONDAY

Quorn dippers  
& savoury rice

Milk Egg Gluten



Fruit salad



TUESDAY

Nottinghamshire sausage,  
Yorkshire pudding, gravy  
& mashed potatoes

Milk Egg Gluten Sulphur Dioxide

**TODAY'S VEGETARIAN OPTION**

Quorn sausage, gravy  
& mashed potatoes

Milk Egg Gluten



Crispy jam tart  
& custard

Milk Gluten Sulphur Dioxide



WEDNESDAY

Spaghetti bolognese  
& garlic slice

Soya Milk Fish Gluten

**TODAY'S VEGETARIAN OPTION**

Quorn spaghetti bolognese  
& garlic slice

Soya Milk Egg Gluten



Cheese, crackers  
& apple wedge

Milk Gluten



THURSDAY

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



Fruits of the forest muffin

Egg 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



Selston  
Church of England  
School

### FIRST COURSE

### SECOND COURSE

MONDAY

Pasta Neopolitan  
& garlic slice

Soya Milk Gluten Sulphur Dioxide



Carrot & pineapple traybake  
& cream

Milk Egg Gluten



TUESDAY

Venison burger  
in a wholemeal bun  
& carrot fries

Soya Egg Gluten Sulphur Dioxide

**TODAY'S VEGETARIAN OPTION**

Quorn burger in a bun  
& carrot fries

Soya Milk Egg Gluten



Butterscotch tart

Milk Gluten



WEDNESDAY

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



Chocolate ice cream roll  
& chocolate sauce

Soya Milk Egg Gluten



THURSDAY

Roast turkey,  
stuffing & gravy with  
mashed & roast potatoes

Gluten

**TODAY'S VEGETARIAN OPTION**

Quorn roast, stuffing & gravy  
with mashed & roast potatoes

Milk Egg 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**