



AUTUMN WINTER 2019/20

MENU WEEK 1

WEEK COMMENCING

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



Springbank
Primary School



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Vegetarian sausage roll,
gravy & roast potatoes

Soya Gluten



Savoury beef with
mashed potatoes &
Yorkshire pudding

Celery Milk Egg Fish Gluten



BBQ Chicken pizza
& potato wedges

Milk Gluten



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

Milk Egg Gluten



MSC Fish fingers
& diced potatoes

Fish Gluten

OR

OR

OR

OR



Savoury quorn with
mashed potatoes &
Yorkshire pudding

Celery Milk Egg Gluten



Margherita pizza
& jacket wedges

Milk Gluten



Quorn roast,
stuffing, gravy,
mashed & roast potatoes

Milk Egg Gluten



Fishless finger
& jacket wedges

Gluten

DESSERT

DESSERT

DESSERT

DESSERT

DESSERT



Cornflake tart
& custard

Milk Gluten Sulphur Dioxide



Coconut sponge
& custard

Milk Egg Gluten Sulphur Dioxide



Magic chocolate pudding
& chocolate sauce

Milk Egg Gluten



Pancake with
frozen yoghurt
& hot cherries

Milk Egg Gluten



Oatmeal & yoghurt muffin

Milk Egg Gluten

Fruit yoghurt
& apple wedge

Milk

Fruit yoghurt
& apple wedge

Milk

Fruit yoghurt
& apple wedge

Milk

Fruit yoghurt
& apple wedge

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



AUTUMN WINTER 2019/20

MENU WEEK 2

WEEK COMMENCING

9 Sept, 30 Sept, 4 Nov, 25 Nov,
16 Dec, 20 Jan, 10 Feb



Springbank
Primary School



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Quorn dippers
& savoury rice

Milk Egg Gluten



Nottinghamshire sausage,
Yorkshire pudding, gravy
& mashed potatoes

Milk Egg Gluten Sulphur Dioxide



Spaghetti bolognese
& garlic slice

Soya Milk Fish Gluten



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

Milk Egg Gluten



Fish goujons
& potato wedges

Fish Gluten

OR

OR

OR

OR



Quorn sausage, gravy
& mashed potatoes

Milk Egg Gluten



Quorn spaghetti bolognese
& garlic slice

Soya Milk Egg Gluten



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

Milk Egg Gluten



Fishless finger
& jacket wedges

Gluten

DESSERT

DESSERT

DESSERT

DESSERT

DESSERT



Marble sponge
& custard

Milk Egg Gluten



Fruit flapjack

Gluten



Fruit cookie
& hot chocolate

Milk Gluten



Butterscotch mousse
& shortbread finger

Milk Gluten



Raspberry ripple
ice cream roll

Soya Milk Egg Gluten

Fruit yoghurt
& apple wedge

Milk

Fruit yoghurt
& apple wedge

Milk

Fruit yoghurt
& apple wedge

Milk

Fruit yoghurt
& apple wedge

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**



AUTUMN WINTER 2019/20

MENU WEEK 3

WEEK COMMENCING

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



Springbank
Primary School

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Vegetable nuggets with
BBQ dip &
baby baked potatoes

Gluten



Venison burger
in a wholemeal bun
& carrot fries

Soya Egg Gluten Sulphur Dioxide



All day breakfast wrap
& diced potatoes

Celery Milk Egg Gluten Sulphur Dioxide



Roast turkey,
stuffing & gravy with
mashed & roast potatoes

Gluten



MSC Breaded fish
& chips

Fish Gluten

OR

OR

OR

OR



Quorn burger in a bun
& carrot fries

Soya Milk Egg Gluten



Vegetarian
all day breakfast wrap
& diced potatoes

Celery Milk Egg Gluten



Quorn roast,
stuffing & gravy with
mashed & roast potatoes

Milk Egg Gluten



Fishless finger
& chips

Gluten

DESSERT

DESSERT

DESSERT

DESSERT

DESSERT

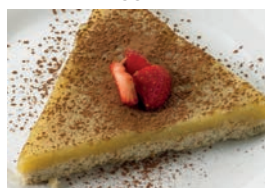


Carrot & pineapple traybake
& cream

Milk Egg Gluten

Fruit yoghurt
& apple wedge

Milk



Butterscotch tart

Milk Gluten

Fruit yoghurt
& apple wedge

Milk



Chocolate ice cream roll
& chocolate sauce

Soya Milk Egg Gluten

Fruit yoghurt
& apple wedge

Milk



Honey & oatmeal cookie
with milkshake

Milk Gluten

Fruit yoghurt
& apple wedge

Milk



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