



AUTUMN WINTER 2019/20

MENU WEEK 1

WEEK COMMENCING

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



St Luke s C of E
Primary School



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Vegetarian sausage roll,
gravy & roast potatoes

Soya Gluten

Panini & salad,
assorted fillings

Milk Fish Gluten

OR



Jacket potatoes with cheese,
beans or tuna & mixed salad

Milk Egg Fish

DESSERT



Cornflake tart
& custard

Milk Gluten Sulphur Dioxide



Beef Tacos
& potato wedges

Fish

Quorn tacos
& jacket wedges

Egg

OR



Filled roll with cheese,
ham, egg or tuna
& mixed salad

Soya Milk Egg Fish Gluten

DESSERT



Fruit in jelly
& shortbread biscuit

Gluten



BBQ Chicken pizza
& potato wedges

Milk Gluten

OR



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish

DESSERT



Magic chocolate pudding
& chocolate sauce

Milk Egg Gluten



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

Milk Egg Gluten

Quorn roast, stuffing, gravy,
mashed & roast potatoes

Milk Egg Gluten

OR



Filled roll with cheese,
ham, egg or tuna
& mixed salad

Soya Milk Egg Fish Gluten

DESSERT



Pancake with frozen yoghurt
& hot cherries

Milk Egg Gluten



MSC Fish fingers
& diced potatoes

Fish Gluten

OR



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish

DESSERT



Oatmeal & yoghurt muffin

Milk Egg Gluten

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



St Luke s C of E
Primary School



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Tuna & sweetcorn pasta
& garlic bread

Soya Milk Fish Gluten

Panini & salad,
assorted fillings

Milk Fish Gluten

OR



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish

DESSERT



Marble sponge
& custard

Milk Egg Gluten



Nottinghamshire sausage,
Yorkshire pudding, gravy
& mashed potatoes

Milk Egg Gluten Sulphur Dioxide

Quorn sausage, gravy
& mashed potatoes

Milk Egg Gluten

OR



Filled roll with cheese,
ham, egg or tuna
& mixed salad

Soya Milk Egg Fish Gluten

DESSERT



Fruit flapjack

Gluten



Spaghetti bolognese
& garlic slice

Soya Milk Fish Gluten

OR



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish

DESSERT



Spiced apple cake
& custard

Milk Egg Gluten



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

Milk Egg Gluten

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

Milk Egg Gluten

OR



Filled roll with cheese,
ham, egg or tuna
& mixed salad

Soya Milk Egg Fish Gluten

DESSERT



Butterscotch mousse
& shortbread finger

Milk Gluten



Fish goujons
& potato wedges

Fish Gluten

OR



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish

DESSERT



Raspberry ripple
ice cream roll

Soya Milk Egg Gluten

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



St Luke s C of E
Primary School



MONDAY



Pasta Neopolitan
& garlic slice

Soya Milk Gluten Sulphur Dioxide

Panini & salad,
assorted fillings

Milk Fish Gluten

OR



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish

DESSERT



Carrot & pineapple traybake
& cream

Milk Egg Gluten

TUESDAY



Venison burger
in a wholemeal bun
& carrot fries

Soya Egg Gluten Sulphur Dioxide

Quorn burger in a bun
& carrot fries

Soya Milk Egg Gluten

OR



Filled roll with cheese,
ham, egg or tuna
& mixed salad

Soya Milk Egg Fish Gluten

DESSERT



Butterscotch tart

Milk Gluten

WEDNESDAY



All day breakfast wrap
& diced potatoes

Celery Milk Egg Gluten Sulphur Dioxide

OR



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish

DESSERT



Chocolate ice cream roll
& chocolate sauce

Soya Milk Egg Gluten

THURSDAY



Roast turkey,
stuffing & gravy with
mashed & roast potatoes

Gluten

Quorn roast, stuffing & gravy
with mashed & roast potatoes

Milk Egg Gluten

OR



Filled roll with cheese,
ham, egg or tuna
& mixed salad

Soya Milk Egg Fish Gluten

DESSERT



Cheese, crackers
& apple wedge

Milk Gluten

FRIDAY



MSC Breaded fish
& chips

Fish Gluten

OR



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish

DESSERT



Apple & cinnamon muffin

Egg Gluten

AVAILABLE DAILY: Best of both bread Gluten and Soya Seasonal vegetables available daily Coleslaw Egg when served. Vegetarian meals available upon request