



AUTUMN WINTER 2019/20

MENU WEEK 1

WEEK COMMENCING

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



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Vegetarian sausage roll,
gravy & roast potatoes

Soya Gluten



Beef & vegetable pie
with mashed potatoes

Milk Fish Gluten



BBQ Chicken pizza
& potato wedges

Milk Gluten



Melon & ham salad



MSC Fish fingers
& diced potatoes

Fish Gluten

OR



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish

OR



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

Soya Milk Egg Fish Gluten

OR



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish

MAINS



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

Milk Egg Gluten

OR



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish

DESSERT



Cornflake tart
& custard

Milk Gluten Sulphur Dioxide

DESSERT



Coconut sponge
& custard

Milk Egg Gluten Sulphur Dioxide

DESSERT



Magic chocolate pudding
& chocolate sauce

Milk Egg Gluten

OR



Quorn roast,
stuffing, gravy,
mashed & roast potatoes

Milk Egg Gluten

DESSERT



Bakewell tart
& custard

Milk Egg Gluten Sulphur Dioxide

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 Matthew's
C of E 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



Tomato soup
crusty bread

Celery Gluten Sesame

OR



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish

OR



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

Soya Milk Egg Fish Gluten

OR



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish

OR



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

Milk Egg Gluten

MAINS



Fish goujons
& potato wedges

Fish Gluten

DESSERT



Marble sponge
& custard

Milk Egg Gluten

DESSERT



Fruit flapjack

Gluten

DESSERT



Fruit cookie
& hot chocolate

Milk Gluten

DESSERT



Fruits of the forest muffin

Egg Gluten

OR



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish

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 Matthew's
C of E Primary School



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Yorkshire pudding
with chipolatas & gravy

Milk Egg Gluten Sulphur Dioxide



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

MAINS

OR

OR

OR

OR



Pasta Neopolitan
& garlic slice

Soya Milk Gluten Sulphur Dioxide



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

Soya Milk Egg Fish Gluten



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish



Quorn roast,
stuffing & gravy with
mashed & roast potatoes

Milk Egg Gluten



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish

OR

DESSERT

DESSERT

DESSERT

DESSERT



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish



Butterscotch tart

Milk Gluten



Chocolate ice cream roll
& chocolate sauce

Soya Milk Egg Gluten



Honey & oatmeal cookie
with milkshake

Milk Gluten



Fruit topped yoghurt
& jelly layer

Milk

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