



AUTUMN WINTER 2019/20

MENU WEEK 1

WEEK COMMENCING

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



THE FOREST VIEW ACADEMY
LABOR OMNIAVINCIT



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



Nottinghamshire sausage,
Yorkshire pudding, gravy
& mashed potatoes
Milk Egg Gluten Sulphur Dioxide



MSC Fish fingers
& diced potatoes

Fish Gluten

OR



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish

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

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

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

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

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

Soya Milk Egg Fish Gluten

DESSERT



Cornflake tart
& custard

Milk Gluten Sulphur Dioxide

DESSERT



Fruit in jelly
& shortbread biscuit

Gluten

DESSERT



Magic chocolate pudding
& chocolate sauce

Milk Egg Gluten

DESSERT



Chocolate rice pudding

Milk

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



THE FOREST VIEW ACADEMY
LABOR OMNIA VINCIT



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



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish

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

Soya Milk Egg Fish Gluten

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

Soya Milk Egg Fish Gluten

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

Soya Milk Egg Fish Gluten

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

Soya Milk Egg Fish Gluten

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

Soya Milk Egg Fish Gluten

DESSERT



Marble sponge
& custard

Milk Egg Gluten

DESSERT



Fruit flapjack

Gluten

DESSERT



Fruit cookie
& hot chocolate

Milk Gluten

DESSERT



Butterscotch mousse
& shortbread finger

Milk Gluten

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



THE FOREST VIEW ACADEMY

LABOR OMNIA VINCIT



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Pasta Neapolitan
& garlic slice

Soya Milk Gluten Sulphur Dioxide



Venison burger
in a wholemeal bun
& carrot fries

Soya Egg Gluten Sulphur Dioxide



Sweet & sour chicken
& wholegrain rice

Celery



Roast turkey,
stuffing & gravy with
mashed & roast potatoes

Gluten



MSC Breaded fish
& chips

Fish Gluten

OR



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish

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

Soya Milk Egg Fish Gluten

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

Soya Milk Egg Fish Gluten

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

Soya Milk Egg Fish Gluten

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

Soya Milk Egg Fish Gluten

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

Soya Milk Egg Fish Gluten

DESSERT



Carrot & pineapple traybake
& cream

Milk Egg Gluten

DESSERT



Butterscotch tart

Milk Gluten

DESSERT



Chocolate ice cream roll
& chocolate sauce

Soya Milk Egg Gluten

DESSERT



Honey & oatmeal cookie
with milkshake

Milk Gluten

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