



AUTUMN WINTER 2019/20

MENU WEEK 1

WEEK COMMENCING

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



Trowell C of E Primary School



FIRST COURSE

SECOND COURSE

MONDAY

Vegetarian sausage roll, gravy
& roast potatoes

Soya Gluten



Cornflake tart
& custard

Milk Gluten Sulphur Dioxide



TUESDAY

Beef Tacos
& potato wedges

Fish



Fruit in jelly
& shortbread biscuit

Gluten



WEDNESDAY

BBQ Chicken pizza
& potato wedges

Milk Gluten

TODAY'S VEGETARIAN OPTION

Margherita pizza
& jacket wedges

Milk Gluten



Magic chocolate pudding
& chocolate sauce

Milk Egg Gluten



THURSDAY

Nottinghamshire sausage,
Yorkshire pudding, gravy
& mashed potatoes

Milk Egg Gluten Sulphur Dioxide

TODAY'S VEGETARIAN OPTION

Quorn sausage, gravy
& mashed potatoes

Milk Egg Gluten



Fruit yoghurt
& apple wedge

Milk



FRIDAY

MSC Fish fingers
& diced potatoes

Fish Gluten

TODAY'S VEGETARIAN OPTION

Fishless finger
& jacket wedges

Gluten



Oatmeal & yoghurt muffin

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 2

WEEK COMMENCING

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



Trowell C of E Primary School



FIRST COURSE

SECOND COURSE

MONDAY

Quorn dippers
& savoury rice

Milk Egg Gluten



Cheese, crackers
& apple wedge

Milk Gluten



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



Fruit flapjack

Gluten



WEDNESDAY

Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish



Fruit cookie
& hot chocolate

Milk Gluten



THURSDAY

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

Milk Egg Gluten



Butterscotch mousse
& shortbread finger

Milk Gluten



FRIDAY

Fish goujons
& potato wedges

Fish Gluten

TODAY'S VEGETARIAN OPTION

Quorn sausage twist & jacket wedges

Milk Egg 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



Trowell C of E Primary School



FIRST COURSE

SECOND COURSE

MONDAY

Jacket potatoes with
cheese, beans or tuna
& mixed salad
Milk Egg Fish



Fruit yoghurt
& apple wedge

Milk



TUESDAY

Venison burger
in a wholemeal bun
& carrot fries
Soya Egg Gluten Sulphur Dioxide



Butterscotch tart

Milk Gluten



TODAY'S VEGETARIAN OPTION
Quorn burger in a bun
& carrot fries
Soya Milk Egg Gluten

WEDNESDAY

All day breakfast wrap
& diced potatoes



Chocolate ice cream roll
& chocolate sauce

Soya Milk Egg Gluten



Celery Milk Egg Gluten Sulphur Dioxide
TODAY'S VEGETARIAN OPTION
Vegetarian all day breakfast wrap
& diced potatoes
Celery Milk Egg Gluten

THURSDAY

Roast turkey,
stuffing & gravy with
mashed & roast potatoes
Gluten



Honey & oatmeal cookie
with milkshake

Milk Gluten



TODAY'S VEGETARIAN OPTION
Quorn roast, stuffing & gravy
with mashed & roast potatoes
Milk Egg Gluten

FRIDAY

MSC Breaded fish
& chips



Fruit topped yoghurt
& jelly layer

Milk



Fish Gluten
TODAY'S VEGETARIAN OPTION
Fishless finger
& chips
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