



# My School Menu

St. Giles



Week

1

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Cheesy pasta <b>Gluten Milk Mustard</b> <b>Soya</b> with a tomato sauce with garlic bread <b>Gluten Soya Milk</b>	Lemon & herb chicken <b>Sulphur Dioxide</b> with mashed potato & sweetcorn	Pasta with a Bolognese sauce <b>Gluten Soya Mustard</b> with garlic bread, <b>Gluten Soya Milk</b> cooked carrot sticks	Nottinghamshire Sausage <b>Gluten Sulphur dioxide</b> with Yorkshire pudding <b>Milk Egg Gluten</b> mashed potatoes, cauliflower, carrots & gravy	Fishcake Cob <b>Gluten Fish Sesame</b> with tomato ketchup oven chips & baked beans
<p><b>Available Daily:</b> Jacket Potato with filling of the day - cheese <b>Milk</b> &amp; baked beans or Tuna mayonnaise <b>Milk Egg</b> &amp; vegetable sticks.            Fresh fruit; Fruit yoghurt <b>Milk</b>; Jelly, Cheese <b>Milk</b> &amp; Crackers <b>Gluten</b></p>					
pudding	Classic iced 'school' cake <b>Egg Gluten Milk</b> with custard <b>Milk</b>	Apple muffin <b>Gluten Egg</b> with custard <b>Milk</b>	Donuts <b>Soya Milk Gluten</b> <b>Egg Sesame</b> with custard <b>Milk</b>	Pinwheel cookie <b>Gluten</b> with custard <b>Milk</b>	Butterscotch tart <b>Milk Gluten</b> with custard <b>Milk</b>

Week

2

# My School Menu

St. Giles



	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	<p>Cheesy Naan bread pizza Milk Gluten with diced potatoes &amp; a samosa Gluten</p>	<p><b>All day brunch</b> Nottinghamshire sausage Gluten Sulphur Dioxide &amp; bacon with hash browns, baked beans &amp; omelette Egg Milk</p>	<p>Chicken meatballs with a tomato sauce, mashed potato &amp; cooked carrot sticks</p>	<p>Roast chicken with Yorkshire pudding Milk Egg Gluten mashed potatoes, cauliflower, carrots &amp; gravy</p>	<p>Impossible Chicken Nuggets Gluten Soya with oven chips, tomato ketchup &amp; baked beans</p>
<p><b>Available Daily:</b> Jacket Potato with filling of the day - cheese Milk &amp; baked beans or Tuna mayonnaise Milk Egg &amp; vegetable sticks. Fresh fruit; Fruit yoghurt Milk; Jelly, Cheese Milk &amp; Crackers Gluten</p>					
pudding	<p>Chocolate &amp; orange cookie Gluten With custard Milk</p>	<p>Banana mousse Milk with chocolate shortbread Gluten with custard Milk</p>	<p>Vanilla muffin Gluten Egg with custard Milk</p>	<p>Raspberry swirl sponge Egg Gluten with custard Milk</p>	<p>Ice cream tub Milk</p>

Week

3



Option 1

**Monday**

Sausage roll  
**Gluten Milk Soya Sulphur dioxide**  
 with potato wedges & baked beans

**Tuesday**

Beef nachos with rice & sweetcorn

**Wednesday**

Southern fried burger  
**Gluten Sesame** with French fries & cooked carrot sticks

**Thursday**

Nottinghamshire Sausage  
**Gluten Sulphur dioxide** with Yorkshire pudding  
**Milk Egg Gluten** mashed potatoes, cauliflower, carrots & gravy

**Friday**

Fish fingers  
**Fish Gluten** with oven chips, tomato ketchup & baked beans

**Available Daily:** Jacket Potato with filling of the day - cheese **Milk** & baked beans or Tuna mayonnaise **Milk Egg** & vegetable sticks.

Fresh fruit; Fruit yoghurt **Milk**; Jelly, Cheese **Milk** & Crackers **Gluten**



pudding  
**pudding**

Chocolate brownie  
**Gluten** with custard  
**Milk**

Iced carrot cake  
**Gluten Egg Sulphur Dioxide** with custard  
**Milk**

Honey cake  
**Egg Gluten Milk** with custard  
**Milk**

Strawberry mousse  
**Milk** with shortbread  
**Gluten** with custard  
**Milk**

Pancakes & honey  
**Gluten Milk Egg** with custard  
**Milk**