

My School Manu

Winter 2025 - 2026 Week commencing

3rd November 24th November 15th December 5th January 26th January 9th March

Gluten Milk Fish Mustard

Soya

with

garlic bread

Gluten Soya Milk



	Monday
Option 1	Tortelloni Formaggio Gluten Egg Milk in a tomato & basil sauce with garlic bread Gluten Soya Milk
	Tuna pasta bake

Tuesday Chicken OR **Eat Curious** 'chicken', broccoli, pea & cream cheese pasta Gluten Milk Mustard Soya

Eat Curious

Spaghetti

Bolognese

Gluten Mustard Soya

with

garlic bread

Gluten Soya Milk

Jacket potato available daily,

Roast meat of the
day
OR
Quorn roast
Milk Egg
with
Yorkshire
pudding
Milk Egg Gluten
roast potatoes,
carrots, broccoli
&
gravy
Roast meat of the

day filled cob

Gluten Sesame

with

roast potatoes,

carrots, broccoli

&

gravy

Wednesday

Sulphur Dioxide OR Quorn Milk Egg with mashed potato & corn on the cob

Thursday

Lemon & herb

chicken

Margherita Pizza Soya Gluten Milk With pommes with noisettes oven chips, & baked beans crunchy vegetable sticks peas

Sandwich Gluten Soya

Fillings: cheese Milk, ham or tuna mayonnaise Fish Egg, mixed salad & crisps

MANAGER MANAGE

Fishless finger cob Gluten Sesame with lemon mayonnaise Egg Sulphur Dioxide, oven chips & peas Beef burger Sesame Gluten Sulphur Dioxide

Friday

Fishcake Cob

Gluten Fish Sesame



served with your choice of baked beans, cheese Milk or tuna mayonnaise Fish Egg

Spiced apple crumble Gluten with custard

Pinwheel cookie Gluten

Donuts Soya Milk Gluten

Custard tart

&

Classic iced 'school' cake Egg Gluten Milk

Egg Sesame









	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Cheesy Naan bread pizza Milk Gluten with Bombay potatoes	All day brunch Nottinghamshire sausage Gluten Sulphur Dioxide & bacon OR Plant based sausage Soya Sulphur Dioxide with hash browns, baked beans & scrambled eggs	Roast meat of the day OR Quorn roast Milk Egg with Yorkshire pudding Milk Egg Gluten roast potatoes, carrots, broccoli & gravy	Loaded Chicken OR Quorn Milk Egg Biryani Chapati's Gluten with a tomato, red onion & mint salad	Tempura battered MSC Pollock taco Gluten Soya Fish OR Fishless finger taco Gluten with curried veg slaw Egg & oven chips
Option 2	Paneer & vegetable curry Mustard Milk with yellow rice & a vegetable samosa Gluten	Egg Milk Quorn dippers Gluten with potato balls, mayonnaise Egg & vegetable sticks	Roast meat of the day filled cob Gluten Sesame with roast potatoes, carrots, broccoli & gravy	Winter root vegetable Balti pie Mustard with green beans	Cheesy tomato pizza muffin Gluten Milk Soya Sesame with potato balls & sweetcorn
\$55 \$\text{\$\titt{\$\text{\$\}\$}}}}}\$}}}}}}}}}}}}}}}}}}}}}}}}}}}}	Jacket potato available daily, Sandwich Gluten Soya served with your choice of baked beans, cheese Milk or tuna mayonnaise Fish Egg Fish Egg, mixed salad & crisps				
dding	Chocolate & orange cookie	New York cheesecake Gluten Soya Milk	Sticky toffee pudding Milk Egg Gluten	Cardamom rice pudding Milk	JimJam 'nut free' chocolate croissant Gluten Milk

with custard

Milk



Gluten





17th November, 8th December, 19th January, 9th February, 2nd March, 23rd March

Taste ASIG Tuesday Wednesday **Thursday Monday**

Quorn Mustard teriyaki Udon noodles Gluten Soya with a vegetable spring roll Gluten Egg Milk Soya Celery

Chicken

OR



a vegetable spring

Chicken & vegetable fajitas Gluten OR Quorn & vegetable fajitas **Mustard Gluten**

with
smoky jacket
wedges
&
tomato salsa
Sesame
Vegetable chilli
with
nachos
&
rice

Roast meat of the day OR Quorn roast Milk Egg with Yorkshire pudding Milk Egg Gluten roast potatoes, carrots, broccoli & gravy

Roast meat of the da
filled cob
Gluten Sesame
with
roast potatoes,
carrots, broccoli
&
gravy

Honey chicken Soya OR Quorn **Mustard Sova** filled bao bun Gluten Sesame with sticky rice

O.
crunchy vegetable
sticks
Hoisin
Cauliflower
nuggets
Cluton Socamo Sova

Gluten Sesame Soya
with
sticky rice
&
crunchy vegetable
sticks

Friday

Chip shop style
fish 'n' chips
Gluten Fish
OR
Fishless fingers 'n'
chips
Gluten
with
curry sauce
Celery, Egg, Milk,
Mustard, Soya, Gluten
&
peas
Loaded mini rosti

la a and
Loaded mini rosti
potatoes
with
cowboy beans,
melted cheese Milk
&
roasted sweetcorn





Jacket potato available daily, served with your choice of baked beans, cheese Milk or tuna mayonnaise Fish Egg

Zesty lemon jelly with a cookie Gluten

Iced carrot cake Gluten Egg Sulphur Dioxide

Chocolate Cracknell Gluten Milk

Sandwich Gluten Soya

Fillings: cheese Milk, ham or tuna mayonnaise Fish Egg, mixed salad & crisps

> Butterscotch shortcake Gluten Milk Soya

JimJam 'Nut Free' Chocolate brownie Milk Gluten



