



Mowmacre Primary Traditional School Menu 2017/ 2018



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1					
OPTION 1	Sausages (G)	Cheese Flan (G,ML,E)	Roast Chicken	Lamb Bolognaise	Salmon Fish Fingers
OPTION 2	Chicken Jalfrezi (G)	Lamb Meatballs in Tomato Sauce (E)	Lamb Quesadilla (G,ML)		Spicy Chicken Puff (G,ML)
OPTION 1 (V)	Quorn Sausages (G,ML,E)	Cheese Flan (G,ML,E)	Quorn Fillet (E)	Vegetable Bolognaise	Vegetable Burger (G)
OPTION 2 (V)		Quorn Meatballs in Tomato Sauce (G,ML,E)	Vegetable Quesadilla (G,ML)	Cheese & Potato Pie (ML)	
SIDES	Creamed Potatoes (ML)	Jacket Potato	Roast Potatoes	Beetroot Roll (G,ML,E)	Chips
	Brown & White Rice or Naan Bread (G,ML)	Pasta Twists (G)	Jacket Potato	Pasta (G)	Boiled Potatoes
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	Baked Beans Spicy Cauliflower (G) Mixed Salad	Sweetcorn Broccoli Mixed Salad	Brussel Sprouts Carrots Mixed Salad	Broccoli Coleslaw (E) Mixed Salad	Peas Baked Beans Mixed Salad
ACCOMPANIMENTS	Tomato Sauce Cucumber Raita (ML)	Tomato Sauce	Gravy Stuffing (G) Mango Chutney	Tomato Sauce	Tomato Sauce Vinegar (G)
DESSERT	Jammie Cookie (G) Chocolate Sponge (G,ML,E)	Chocolate Krispie (G) Plum Crunch Cake (G,ML)	Apple Crumble & Custard (G,ML) Lemon Shortbread (G,ML)	Iced Fruit Sponge (G,ML,E) Coconut Cookie (G,ML,E)	Ice-Cream (ML) Fruit Salad
BREAD	White Bread (G,ML)	Brown Bread (G,ML)	White Bread (G,ML)	Brown Bread (G,ML)	White Bread (G,ML)

MILK – FRUIT – YOGURT AVAILABLE DAILY

Week Commencing: 28th August, 25th September, 30th October, 27th November, 2018 - 8th January
5th February

G = Gluten ML = Milk/Lactose E = Eggs V = Vegetarian
For all other allergens please ask a member of catering staff