



# Mowmacre Primary Traditional School Menu 2017/ 2018



WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Bacon & Cheese Slice (ML,E)	Sticky Spicy Chicken	Pizza (G,ML)	Roast Chicken	Fish Fingers (G)
OPTION 2	Shepherds Pie (ML)	Macaroni Cheese (G,ML)	Homemade Lamb Burger (G,ML)	Lamb Mince Pasta Bake (G,ML)	Chicken Spinach layer Bake (G,ML)
OPTION 1 (V)	Cheese & Tomato Slice (ML)	Sticky Spicy Vegetables	Pizza (G,ML)	Quorn Fillet (E)	Vegetable Fingers (G)
OPTION 2 (V)	Quorn Shepherds Pie (ML,E)	Macaroni Cheese (G,ML)	Roasted Vegetable Plait (G)	Broccoli & Spaghetti Bake (G,ML)	Vegetable & Spinach Layer Bake (G,ML)
SIDES	Jacket Potato	Steamed Rice	Jacket Potato	Roast Potatoes	Chips
	Creamed Potatoes (ML)	Malted Baguette (G,ML)	Tomato Pasta (G,ML,E)	Garlic Roll (G,ML,E)	Ciabatta Slice (G)
	Peas & Carrots Baked Beans Mixed Salad	Sweetcorn Cob Broccoli Mixed Salad	Baked Beans Coleslaw (E) Mixed Salad	Cauliflower & Broccoli Gratin (ML) Mixed Vegetables Mixed Salad	Peas Baked Beans Mixed Salad
ACCOMPANIMENTS	Tomato Sauce Gravy	Tomato Sauce	Tomato Sauce	Gravy Stuffing (G) Tomato Sauce	Tomato Sauce Vinegar (G)
DESSERTS	Ginger Biscuit (G,ML,E) Chocolate Muffin (G,ML,E)	Iced Sponge (G,ML,E) Oat & Raisin Biscuit (G,ML,E)	Assorted Frozen Yogurt (ML) Eves Pudding & Custard (G,ML,E)	Chocolate Tart (G,ML) Fruit Medley	Ice Cream (ML) Norwegian Biscuit (G)
BREAD	Brown Bread (G,ML)	White Bread (G,ML)	Brown Bread (G,ML)	White Bread (G,ML)	Brown Bread (G,ML)

**MILK – FRUIT – YOGURT AVAILABLE DAILY**

**Week Commencing: 4<sup>th</sup> September, 2<sup>nd</sup> October, 6<sup>th</sup> November, 4<sup>th</sup> December, 2018 -15<sup>th</sup> January**  
**19th February**

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