



Mowmacre Primary Traditional School Menu 2017/ 2018



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 3					
OPTION 1	Pork Sausages (G)	Bacon Medallion	Lamb Bolognaise(G,ML)	Cheese Flan (G,E,ML)	Bubble Battered Pollock
OPTION 2	Lamb & Vegetable Masala (G,ML)	Lamb & Vegetable Pie (G)	Chicken Stir Fry	Cheese Flan (G,E,ML)	Chicken Enchilada (G)
OPTION 1 (V)	Quorn Sausages (G,E,ML)	Quorn Fillet (E)	Vegetable Lasagne (G,ML)	Cheese Flan (G,E,ML)	Cheese & Vegetable Bake (G,ML)
OPTION 2 (V)	Vegetable Masala (G,ML)	Creamy Vegetable Pie Topped with Sliced Potatoes (G,ML)	Quorn Stir Fry (E)	Chick Pea & Potato Curry (G)	Cajun Vegetable Enchilada (G,E)
SIDES	Creamed Potatoes (ML) Steamed Rice/Naan Bread (G,ML) Baked Beans Mixed Vegetables Mixed Salad	Lyonnise Potatoes Boiled Potatoes Broccoli Florets Baton Carrots Mixed Salad	Garlic Bread (G,ML) Egg Noodles (G,E) Coleslaw (E) Garden Peas Mixed Salad	Jacket Potatoes Brown & White Rice Baked Beans Sweetcorn Mixed Salad	Chips Malted Baguette (G,ML) Garden/Mushy Peas Mixed Vegetables Mixed Salad
ACCOMPANIMENTS	Tomato Sauce	Gravy Apple Sauce		Tomato Sauce	Tomato Sauce Vinegar (G)
DESSERT	Chocolate Biscuit (G,ML,E) Fruit Medley	Apple Crumble & Custard (G,ML) Butterscotch Biscuit (G,ML,E)	Iced Sponge (G,E,ML) Mousse (ML)	Chocolate Haystack with Raisins (G,ML) Jam & Cream Scone (G,ML,E)	Ice Cream (ML) Fruit Flan (G,ML,E)
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: 11th September, 9th October, 13th November, 11th December, 2018 - 22nd January, 26th February

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