



Mowmacre Primary Traditional School Menu 2017/ 2018



WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Macaroni & Mince Gratin (G,ML)	Pork Loin in Gravy	Turkey Meatballs in Tomato Sauce	Selection Of Pizza (G,ML)	Battered Pollock (G)
OPTION 2	Pork Jambalaya	Chicken Curry (G)	Bacon & Mushroom Beanie (G,ML)	Salmon & Sweetcorn Layer (G,ML)	Battered Pollock (G)
OPTION 1 (V)	Broccoli & Spaghetti Bake (G,ML)	Quorn Fillet (E)	Quorn Balls in Tomato Sauce (G,ML)	Selection of Pizza (G,ML)	Leek & Potato Frittata (ML,E)
OPTION (V)	Vegetable Jambalaya	Vegetable Curry (G)	Veggie Beanie(G,ML)	Quorn Fillet Pizza (ML,E)	Quorn Burger (G,E,ML)
SIDES	Malted Baguette (G,ML) Jacket Potato	Roasted Potatoes Brown & White Rice	Spaghetti (G) Creamed Potatoes (ML)	Jacket Potato Herbed Potatoes	Chips Ciabatta Slice (G)
	Sliced Carrots Sweetcorn Mixed Salad	Shredded Cabbage Mixed Vegetables Mixed Salad	Broccoli Florets Sweetcorn & Mixed Peppers Mixed Salad	Baked Beans Garden Peas Mixed Salad	Garden/Mushy Peas Baton Carrot Mixed Salad
		Gravy Sage & Onion Stuffing (G)	Tomato Sauce	Tomato Sauce	Tomato Sauce Vinegar (G)
ACCOMPANIMENTS					
DESSERTS	Iced Fruit Sponge (G,E,ML) Jumble Biscuit (G,E,ML)	Melting Moment (G) Apple Flapjack (G)	Lemon Biscuit (G,E) Fruit Salad	Chocolate Shortbread (G,ML) Mousse (ML)	Ice Cream (ML) Devonshire Split (G,E,ML)
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: 18th September, 23rd October, 20th November, 18th December, 2018 -29th January, 5th March

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