

Autumn - Winter 2018/19

Week 1

Week commencing 5 Sept, 24 Sept, 15 Oct, 12 Nov, 3 Dec, 7 Jan, 28 Jan





MONDAY

TUESDAY

FRIDAY



Margherita pizza, jacket wedges

Beef & vegetable fajitas, savoury rice



Chicken pasta bake, garlic slice



Nottinghamshire sausage, gravy & mashed potatoes



MSC fish finger wrap, noisette potatoes

Gluten Milk

OR



Jacket potato & cheese or baked beans or tuna & mixed salad

Gluten

OR

Gluten Milk



Jacket potato & cheese Freshly filled roll or baked beans or tuna & mixed salad

OR

VEGETARIAN OPTION AVAILABLE

Fish Gluten Milk



& salad - cheese, ham, tuna or egg



Jacket potato & cheese or baked beans or tuna & mixed salad

Milk Egg Fish

DESSERT



Apple & blackberry crumble & custard

Milk Gluten

DESSERT

Soya Egg Gluten Sesame Milk Fish

& salad - cheese, ham,

Freshly filled roll

tuna or egg



Pancake with frozen yoghurt & hot cherries

Milk Egg Gluten Sulphur Dioxide

DESSERT



Cornflake tart & custard

Milk Egg Fish

Milk Gluten Sulphur Dioxide

DESSERT

Soya Egg Gluten Sesame Milk Fish



Spiced carrot cake & custard

Milk Egg Gluten Sulphur Dioxide

Milk Egg Fish



Magic chocolate puddina & chocolate sauce

Milk Egg Gluten

AVAILABLE DAILY: Fruit yoghurt Milk (when a pudding is being served) Best of both bread Gluten and Soya Seasonal vegetables available daily Coleslaw Egg when served



Autumn - Winter 2018/19

Week 2

Week commencing 10 Sept, 1 Oct, 22 Oct, 19 Nov, 10 Dec, 14 Jan, 4 Feb



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Vegetarian sausage roll & gravy, roast new potatoes

jacket wedges

Gluten

Freshly filled roll &

tuna or egg

salad - cheese, ham,

Soya Egg Gluten Sesame Milk Fish

Chocolate brownie

BBQ pulled pork

in pitta bread,



Pasta Bolognese, garlic slice



Roast turkey, stuffing, gravy, roast & mashed potatoes



MSC fish goujons, jacket wedges

Celery Milk Gluten

OR



Jacket potato & cheese or baked beans or tuna & mixed salad

OR

Milk Fish Gluten



Jacket potato & cheese Freshly filled roll or baked beans or tuna & mixed salad

OR



& salad - cheese, ham, tuna or egg

Gluten Fish

VEGETARIAN OPTION AVAILABLE



Jacket potato & cheese or baked beans or tuna & mixed salad

Milk Egg Fish

Milk

DESSERT



Butterscotch mousse & banana

Gluten

DESSERT

Milk Egg Fish



Chocolate ice cream roll & chocolate sauce

Soya Milk Egg Gluten

DESSERT

Soya Egg Gluten Sesame Milk Fish



Fruit flapiack & milkshake

Gluten Milk

DESSERT



Fruit in jelly & cream swirl

Milk Egg Fish

AVAILABLE DAILY: Fruit yoghurt Milk (when a pudding is being served) Best of both bread Gluten and Soya Seasonal vegetables available daily Coleslaw Egg when served



Autumn - Winter 2018/19

Week 3

Week commencing 17 Sept, 8 Oct, 5 Nov, 26 Nov, 17 Dec, 21 Jan, 11 Feb



MONDAY

TUESDAY WEDNESDAY

THURSDAY

FRIDAY



Quorn dippers in a tortilla wrap, jacket wedges

Milk Egg Gluten

OR



Freshly filled roll & salad - cheese, ham, tuna or egg





Honey & oatmeal cookie & milkshake

Gluten Milk

Venison burger in a bun. jacket wedges

Soya Milk Egg Gluten VEGETARIAN OPTION AVAILABLE





Freshly filled roll & salad - cheese, ham, tuna or egg

Soya Egg Gluten Sesame Milk Fish Soya Egg Gluten Sesame Milk Fish Milk Egg Fish



Butterscotch tart

Gluten Milk

Hot dog in a roll, potato noisette

Soya Milk Egg Gluten

VEGETARIAN OPTION AVAILABLE





Jacket potato & cheese Freshly filled roll or baked beans or tuna & mixed salad



Apple & rhubarb crumble & custard

Milk Gluten



Sweet & sour pork, wholegrain rice

Celery



& salad - cheese, ham, tuna or egg

Soya Egg Gluten Sesame Milk Fish Milk Egg Fish

DESSERT



Icky sticky pudding & custard

Milk Egg Gluten



MSC breaded fish, ovenchips

Fish Gluten

VEGETARIAN OPTION AVAILABLE



Jacket potato & cheese or baked beans or tuna & mixed salad



Apricot slice & custard

Milk Gluten

AVAILABLE DAILY: Fruit yoghurt Milk (when a pudding is being served) Best of both bread Gluten and Soya Seasonal vegetables available daily Coleslaw Egg when served