

Autumn - Winter 2018/19

Week 1

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



MONDAY

TUESDAY

WEDNESDAY A

THURSDAY

FRIDAY



Margherita pizza, jacket wedges

Spaghetti Bolognese, crusty bread



Chicken pasta bake, garlic slice



gravy, roast & mashed potatoes



MSC fish finger wrap,

Gluten Milk

OR



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

Gluten Fish Sesame

VEGETARIAN OPTION AVAILABLE



Freshly filled roll & salad - cheese, ham,

tuna or egg

Gluten Milk



or baked beans or tuna & mixed salad

Jacket potato & cheese

Milk Egg Fish

Roast pork, stuffing,

Gluten



Quorn roast, stuffing, gravy, roast & mashed potatoes

Milk Egg Gluten



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

Milk Egg Fish

Milk Egg Fish

DESSERT



Chocolate rice pudding

Milk

DESSERT

Soya Egg Gluten Sesame Milk Fish



Coconut sponge & custard

Milk Egg Gluten Sulphur Dioxide

DESSERT



Cornflake tart & custard

Milk Gluten Sulphur Dioxide

DESSERT



Spiced carrot cake & custard

Milk Egg Gluten Sulphur Dioxide



Magic chocolate pudding & 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

Celery Milk Gluten



Nottinghamshire sausage, onion gravy, mashed potatoes & Yorkshire pudding

Gluten Egg Milk

VEGETARIAN OPTION AVAILABLE



Cheesy cottage pie & gravy



Roast turkey, stuffing, gravy, roast & mashed potatoes



MSC fish goujons, jacket wedges

OR



Macaroni vegetable cheese, garlic slice

OR



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

Milk Fish

OR

Milk Egg Fish





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

DESSERT

Gluten





Quorn roast, stuffing, gravy, roast & mashed potatoes

Gluten Fish



VEGETARIAN OPTION AVAILABLE

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

Mustard Milk Gluten



Butterscotch mousse & banana

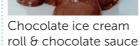
Milk

Gluten

Soya Egg Gluten Sesame Milk Fish



Chocolate brownie



Soya Milk Egg Gluten

DESSERT



Fruit flapjack & milkshake

Milk Egg Gluten

Gluten Milk

DESSERT

Milk Egg Fish



Fruit in jelly & cream swirl

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



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

Milk Egg Fish





Honey & oatmeal cookie & milkshake

Gluten Milk



Venison burger in a bun. jacket wedges

Soya Milk Egg Gluten VEGETARIAN OPTION AVAILABLE





& salad - cheese, ham, tuna or egg

Soya Egg Gluten Sesame Milk Fish Milk Egg Fish

DESSERT



Butterscotch tart

Gluten Milk



Hot dog in a roll, potato noisette

Soya Milk Egg Gluten

VEGETARIAN OPTION AVAILABLE





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

DESSERT



Cherry shortcake & custard

Milk Gluten Egg



Roast gammon, Yorkshire pudding, gravy, mashed & roast potatoes

Gluten Egg Milk

VEGETARIAN OPTION AVAILABLE



Quorn roast, Yorkshire pudding, roast & mashed potatoes

Gluten Egg Milk

DESSERT



Cheese crackers & apple wedge

Milk Gluten



MSC breaded fish, ovenchips

Fish Gluten

VEGETARIAN OPTION AVAILABLE



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

Milk Egg Fish



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