

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

savoury rice

OR

fajitas,

Gluten

Beef & vegetable



Chicken pasta bake, garlic slice



Nottinghamshire sausage, gravy & mashed potatoes



MSC fish finger wrap, noisette potatoes

Gluten Milk

Gluten Milk



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

Fish Gluten Milk VEGETARIAN OPTION AVAILABLE



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

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



Quorn sausage, gravy & mashed potatoes



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

Milk Egg Fish

Soya Egg Gluten Sesame Milk Fish

Milk Egg Fish

Millk Egg Gluten Milk Egg Fish





Apple & blackberry crumble & custard

Milk Gluten

DESSERT



Coconut sponge & custard

Milk Egg Gluten Sulphur Dioxide

DESSERT



Fruit salad

Allergen free



Date slice & custard

Milk Gluten



Magic chocolate pudding & chocolate sauce

Milk Egg Gluten

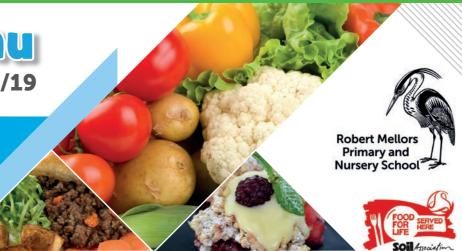
AVAILABLE DAILY: Fruit yoghurt Milk (when a pudding is being served) Best of both bread Gluten and Soya Seasonal vegetables available daily Coleslaw Egg when served



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



Macaroni vegetable cheese. garlic slice

Mustard Milk Gluten



BBQ pulled pork in pitta bread, jacket wedges

Gluten

OR



Pasta Bolognese, garlic slice

Milk Fish Gluten



Roast turkey, stuffing, gravy, roast & mashed potatoes





Quorn roast, stuffing, gravy, roast & mashed potatoes

Milk Egg Gluten

Gluten Fish

VEGETARIAN OPTION AVAILABLE

MSC fish goujons,

jacket wedges



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

Milk Egg Fish



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

Milk Egg Fish

DESSERT



Fruit salad

Allergen free

Soya Egg Gluten Sesame Milk Fish

& salad - cheese, ham,

tuna or egg



Chocolate brownie

Gluten

DESSERT

Quorn bolognese,

garlic slice

Egg Gluten



Chocolate ice cream roll & chocolate sauce

Soya Milk Egg Gluten

DESSERT



Fruit flapjack & milkshake

Gluten Milk

DESSERT



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



Venison burger in a bun. jacket wedges

Soya Milk Egg Gluten VEGETARIAN OPTION AVAILA



Mediterranean chicken pasta, garlic slice

Gluten Milk

VEGETARIAN OPTION AVAILABLE



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

Gluten Egg Milk

VEGETARIAN OPTION AVAILABLE



MSC breaded fish, ovenchips

Fish Gluten

VEGETARIAN OPTION AVAILABLE



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

Milk Egg Fish



Quorn burger in a bun, jacket wedges

Soya Milk Egg Gluten



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

Soya Egg Gluten Sesame Milk Fish



Quorn roast, Yorkshire pudding, roast & mashed potatoes

Gluten Egg Milk



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

Milk Egg Fish





Honey & oatmeal cookie & milkshake

Gluten Milk



Fruit salad & frozen yoghurt

DESSERT



Apple & rhubarb crumble & custard

Milk Gluten

DESSERT



Cheese crackers & apple wedge

Milk Gluten

DESSERT



Rice pudding & jam

Milk Sulphur Dioxide

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