



Autumn - Winter 2018/19

Week 1

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



By Day

First Course

Second Course

Monday

Tuesday

Wednesday

Thursday

Friday

Served Daily

Margherita pizza, jacket wedges

Gluten Milk

Spaghetti Bolognese, crusty bread

Gluten Fish Sesame

VEGETARIAN OPTION AVAILABLE

Chicken pasta bake, garlic slice

Gluten Milk

VEGETARIAN OPTION AVAILABLE

Nottinghamshire sausage, gravy & mashed potatoes

Gluten

VEGETARIAN OPTION AVAILABLE

MSC fish finger wrap, noisette potatoes

Fish Gluten Milk

VEGETARIAN OPTION AVAILABLE



Rice pudding & jam

Milk Sulphur Dioxide



Pancake with frozen yoghurt & hot cherries

Milk Egg Gluten Sulphur Dioxide



Cornflake tart & custard

Milk Gluten Sulphur Dioxide



Spiced carrot cake & custard



Magic chocolate pudding & chocolate sauce

Milk Egg Gluten











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



FOOD SERVED FOR HERE LIFE

By Day

First Course

Second Course

Monday

Tuesday

Wednesday

Thursday

Friday

Served Daily

Vegetarian sausage roll & gravy, roast new potatoes

Celery Milk Gluten

BBQ pulled pork in pitta bread, jacket wedges

Gluten

VEGETARIAN OPTION AVAILABLE

Cheesy cottage pie & gravy

Milk Fish

VEGETARIAN OPTION AVAILABLE

Roast turkey, stuffing, gravy, roast & mashed potatoes

Gluten

VEGETARIAN OPTION AVAILABLE

MSC fish goujons, jacket wedges

Gluten Fish

VEGETARIAN OPTION AVAILABLE



Butterscotch mousse & banana

Milk



Chocolate brownie

Gluten



Chocolate ice cream roll & chocolate sauce

Soya Milk Egg Gluten



Gluten Milk



Fruit in jelly & cream swirl

Milk









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

Nottinghamshire County Council



Week 3

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



By Day

First Course

Second Course

Monday

Tuesday

Wednesday

Thursday

Friday

Served Daily

Quorn dippers in a tortilla wrap, jacket wedges

Milk Egg Gluten

Venison burger in a bun, jacket wedges

Soya Milk Egg Gluten

VEGETARIAN OPTION AVAILABLE

Hot dog in a roll, potato noisette

Soya Milk Egg Gluten

VEGETARIAN OPTION AVAILABLE

Sweet & sour pork, wholegrain rice

Celery

VEGETARIAN OPTION AVAILABLE

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

Milk Egg Fish



Honey & oatmeal cookie & milkshake

Gluten Milk



Butterscotch tart

Gluten Milk



Cherry shortcake & custard

Milk Gluten Egg



Cheese crackers & apple wedge

Milk Gluten



Rice pudding & jam

Milk Sulphur Dioxide







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