

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

Spaghetti Bolognese, crusty bread



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 Fish Sesame

Freshly filled roll

tuna or egg

OR

VEGETARIAN OPTION AVAILABLE

Gluten Milk



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

OR



& salad - cheese, ham, tuna or egg

Fish Gluten Milk

VEGETARIAN OPTION AVAILABLE



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,



Pancake with frozen yoghurt & hot cherries

Milk Egg Gluten Sulphur Dioxide

DESSERT

Milk Egg Fish



Cornflake tart & custard

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 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

OR

VEGETARIAN OPTION AVAILABLE



Pasta Bolognese, garlic slice



Roast turkey, stuffing, gravy, roast & mashed potatoes



MSC fish goujons, jacket wedges





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

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

Milk Fish Gluten

Milk Egg Fish

VEGETARIAN OPTION AVAILABLE



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

Gluten

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

DESSERT



Fruit salad

Allergen free

DESSERT

Soya Egg Gluten Sesame Milk Fish



Crispy jam tart & custard

Milk Gluten Sulphur Dioxide

DESSERT



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



Venison burger in a bun. jacket wedges

OR

Soya Milk Egg Gluten VEGETARIAN OPTION AVAILABLE



Hot dog in a roll, potato noisette

Soya Milk Egg Gluten

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

Gluten Egg Milk

VEGETARIAN OPTION AVAILABLE



VEGETARIAN OPTION AVAILABLE

MSC breaded fish, ovenchips

Fish Gluten

OR



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

& mixed salad

& salad - cheese, ham, tuna or egg

VEGETARIAN OPTION AVAILABLE

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

& salad - cheese, ham, tuna or egg

Jacket potato & cheese

or baked beans or tuna & mixed salad

Soya Egg Gluten Sesame Milk Fish Milk Egg Fish

Milk Egg Fish

DESSERT



Honey & oatmeal cookie & milkshake

Gluten Milk

DESSERT

Soya Egg Gluten Sesame Milk Fish Milk Egg Fish



Butterscotch tart

Gluten Milk

DESSERT



Cherry shortcake & custard

Milk Gluten Egg

DESSERT



Cheese crackers & apple wedge

Milk Gluten



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