

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



Tomato soup & crusty bread

Spaghetti Bolognese, crusty bread



Chicken pasta bake, garlic slice



Vegetable soup & crusty bread



Melon & ham with salad

Celery Gluten Sesame



OR

Gluten

VEGETARIAN OPTION AVAILABLE

Gluten Milk

VEGETARIAN OPTION AVAILABLE

Celery Gluten Sesame

Allergen free

VEGETARIAN OPTION AVAILABLE



Margherita pizza, jacket wedges



Beef & vegetable fajitas, savoury rice



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



Nottinghamshire sausage, gravy & mashed potatoes



MSC fish finger wrap,

Gluten Milk

OR



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

Milk Egg Fish



Pancake with frozen yoghurt & hot cherries

Milk Egg Gluten Sulphur Dioxide



Cornflake tart & custard

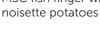
Milk Egg Fish

Milk Gluten Sulphur Dioxide



Quorn roast, stuffing, gravy, roast & mashed potatoes

Milk Egg Gluten



Fish Gluten Milk

VEGETARIAN OPTION AVAILABLE



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

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 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

Milk Fish Gluten





MSC fish goujons, jacket wedges

OR



Macaroni vegetable

Mustard Milk Gluten

cheese, garlic slice



BBQ pulled pork in pitta bread, jacket wedges



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

Milk Egg Fish



gravy, roast & mashed potatoes

OR



Quorn roast, stuffing, gravy, roast & mashed potatoes

Milk Egg Gluten



Gluten Fish

VEGETARIAN OPTION AVAILABLE



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

Milk Egg Fish



Butterscotch mousse & banana

Milk



Chocolate brownie

Gluten



Chocolate ice cream roll & chocolate sauce

Soya Milk Egg Gluten



Fruit flapjack & milkshake

Gluten Milk



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



MSC fish nuggets, tomato dip & salad



Hot dog in a roll, potato noisette

Soya Milk Egg Gluten

VEGETARIAN OPTION AVAILAB



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

Gluten Egg Milk

VEGETARIAN OPTION AVAILABLE



Melon & ham with salad

Allergen free

VEGETARIAN OPTION AVAILABLE

OR



Pasta Neapolitan, garlic slice



Venison burger in a bun, jacket wedges

Soya Milk Egg Gluten

OR

VEGETARIAN OPTION AVAILABLE



or baked beans or tuna & mixed salad

Milk Egg Fish



Quorn roast, Yorkshire pudding, roast & mashed potatoes

Gluten Egg Milk



ovenchips

Milk Gluten



Honey & oatmeal cookie & milkshake

Gluten Milk



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

Soya Egg Gluten Sesame Milk Fish Milk Gluten Egg



Cherry shortcake & custard



Cheese crackers & apple wedge

Milk Gluten



Fish Gluten

VEGETARIAN OPTION AVAILABLE



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

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