



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 & lentil casserole, mashed potatoes, Yorkshire pudding

Egg Milk Gluten

VEGETARIAN OPTION AVAILABLE

Roast pork, stuffing, gravy, roast & mashed potatoes

Gluten

VEGETARIAN OPTION AVAILABLE

MSC fish finger wrap, noisette potatoes

Fish Gluten Milk

VEGETARIAN OPTION AVAILABLE



Chocolate rice pudding

Milk



Pancake with frozen yoghurt & hot cherries

Milk Egg Gluten Sulphur Dioxide

Cornflake tart & custard

Milk Gluten Sulphur Dioxide

Spiced carrot cake & custard

Milk Egg Gluten Sulphur Dioxide

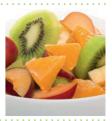
Fruit salad

Allergen free









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





Week 2

Week commencing 10 Sept, 1 Oct, 22 Oct, 19 Nov, 10 Dec, 14 Jan, 4 Feb



FOOD SERVED FOR HERE LIFE HERE Soil Association

By Day

First Course

Second Course

Monday

Tuesday

Wednesday

Thursday

Friday

Served Daily

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

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

Fruit flapjack & milkshake

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





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

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

Gluten Egg Milk

VEGETARIAN OPTION AVAILABLE

Hot dog in a roll, potato noisette

Soya Milk Egg Gluten

VEGETARIAN OPTION AVAILABLE

MSC breaded fish, ovenchips

Fish Gluten

VEGETARIAN OPTION AVAILABLE



Fruit salad

Allergen free

Butterscotch tart

Gluten Milk

Cheese crackers & apple wedge

Milk Gluten

Cherry shortcake & custard

Milk Egg 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