

Week 1

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



FRIDAY



MONDAY

Cheese & bacon pinwheel & salad



TUESDAY

Beef & vegetable fajitas, savoury rice



WEDNESDAY A

Chicken pasta bake, garlic slice



THURSDAY

Roast pork, stuffing, gravy, roast & mashed potatoes

Gluten



MSC fish finger wrap, noisette potatoes

Milk Gluten



Gluten

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

Gluten Milk

Jacket potato & cheese

or baked beans or tuna

& mixed salad

Milk Egg Fish



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

Fish Gluten Milk

VEGETARIAN OPTION AVAILABLE

Soya Egg Gluten Sesame Milk Fish Milk Egg Fish



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

Gluten Milk

Margherita pizza,

jacket wedges

OR



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

Milk Egg Fish



Soya Egg Gluten Sesame Milk Fish

Coconut sponge & custard

Milk Egg Gluten Sulphur Dioxide



Cornflake tart & custard

Milk Gluten Sulphur Dioxide



Spiced carrot cake & custard

Milk Egg Gluten Sulphur Dioxide



Magic chocolate pudding & chocolate sauce

Milk Egg Gluten



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



Tomato soup & crusty bread

Celery Gluten Sesame



Nottinghamshire sausage, onion gravy, mashed potatoes & Yorkshire pudding

Gluten Egg Milk

OR

VEGETARIAN OPTION AVAILABLE



Pasta Bolognese, garlic slice

Milk Fish Gluten

VEGETARIAN OPTION AVAILABLE



Roast turkey, stuffing, gravy, roast & mashed potatoes

Gluten





Vegetarian sausage roll & gravy, roast new potatoes

Celery Milk Gluten



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

Soya Egg Gluten Sesame Milk Fish



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

Milk Egg Fish



salad - cheese, ham, tuna or egg

Soya Egg Gluten Sesame Milk Fish



MSC fish goujons, jacket wedges

Gluten Fish



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



Chocolate brownie

Gluten



Chocolate ice cream roll & chocolate sauce

Soya Milk Egg Gluten



Fruit flapjack & milkshake

Gluten Milk



Fruit in jelly & cream swirl



Week 3

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



MONDAY

TUESDAY WEDNESDAY

THURSDAY

FRIDAY



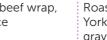
Tomato & mozzarella bruschetta & salad

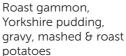
Venison burger

in a bun, jacket wedges



Gluten Milk





Gluten Egg Milk

VEGETARIAN OPTION AVAILABLE



MSC breaded fish, ovenchips

Milk Gluten Sesame



Freshly filled roll

tuna or egg

& salad - cheese, ham,

Soya Egg Gluten Sesame Milk Fish Milk Egg Fish

OR

VEGETARIAN OPTION AVAILABLE



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



& salad - cheese, ham, tuna or egg

Soya Egg Gluten Sesame Milk Fish Milk Egg Fish

Fish Gluten VEGETARIAN OPTION AVAILABLE



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

Quorn dippers in a tortilla wrap, jacket wedges

Milk Egg Gluten

OR



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

Milk Egg Fish



Butterscotch tart

Gluten Milk



Cherry shortcake & custard

Milk Gluten Egg



Icky sticky pudding & custard

Milk Egg 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