



AUTUMN WINTER 2019/20

MENU WEEK 1

WEEK COMMENCING

2 Sept, 23 Sept, 14 Oct,
18 Nov, 9 Dec, 13 Jan, 3 Feb



FIRST COURSE

SECOND COURSE

MONDAY

Vegetarian sausage roll,
gravy & roast potatoes

Soya Gluten



Cornflake tart
& custard

Milk Gluten Sulphur Dioxide



TUESDAY

Beef & vegetable pie
with mashed potatoes

Milk Fish Gluten

TODAY'S VEGETARIAN OPTION

Quorn & vegetable pie,
gravy & roast potatoes

Egg Gluten



Fruit in jelly
& shortbread biscuit

Gluten



WEDNESDAY

BBQ Chicken pizza
& potato wedges

Milk Gluten

TODAY'S VEGETARIAN OPTION

Margherita pizza
& jacket wedges

Milk Gluten



Magic chocolate pudding
& chocolate sauce

Milk Egg Gluten



THURSDAY

Roast pork, stuffing, gravy,
mashed potatoes
& Yorkshire pudding

Milk Egg Gluten

TODAY'S VEGETARIAN OPTION

Quorn roast, stuffing, gravy,
mashed & roast potatoes

Milk Egg Gluten



Fruit yoghurt
& apple wedge

Milk



FRIDAY

MSC Fish fingers
& diced potatoes

Fish Gluten



Bakewell tart
& custard

Milk Egg Gluten Sulphur Dioxide



SERVED DAILY

Best of both bread Gluten and Soya **Seasonal vegetables** available daily **Coleslaw** Egg when served
Vegetarian meals can be made available upon request



AUTUMN WINTER 2019/20

MENU WEEK 2

WEEK COMMENCING

9 Sept, 30 Sept, 4 Nov, 25 Nov,
16 Dec, 20 Jan, 10 Feb



FIRST COURSE

SECOND COURSE

MONDAY

Tuna & sweetcorn pasta
& garlic bread

Soya Milk Fish Gluten

TODAY'S VEGETARIAN OPTION

Jacket potatoes with cheese,
beans or tuna & mixed salad
Milk Egg Fish



Marble sponge
& custard

Milk Egg Gluten



TUESDAY

Nottinghamshire sausage,
Yorkshire pudding, gravy
& mashed potatoes

Milk Egg Gluten Sulphur Dioxide

TODAY'S VEGETARIAN OPTION

Quorn sausage, gravy
& mashed potatoes
Milk Egg Gluten



Fruit flapjack

Gluten



WEDNESDAY

Spaghetti bolognese
& crusty bread

Fish Gluten Sesame

TODAY'S VEGETARIAN OPTION

Quorn spaghetti bolognese
& crusty bread
Egg Gluten Sesame



Fruit cookie
& hot chocolate

Milk Gluten



THURSDAY

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

Milk Egg Gluten

TODAY'S VEGETARIAN OPTION

Roast Quorn, Yorkshire pudding &
gravy with mashed & roast potatoes
Milk Egg Gluten



Fruits of the forest muffin

Egg Gluten



FRIDAY

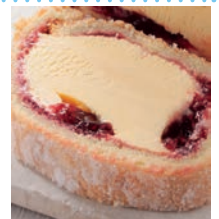
Fish goujons
& potato wedges

Fish Gluten



Raspberry ripple
ice cream roll

Soya Milk Egg Gluten



SERVED DAILY

Best of both bread Gluten and Soya **Seasonal vegetables** available daily **Coleslaw** Egg when served
Vegetarian meals can be made available upon request



AUTUMN WINTER 2019/20

MENU WEEK 3

WEEK COMMENCING

16 Sept, 7 Oct, 11 Nov,
2 Dec, 6 Jan, 27 Jan



FIRST COURSE

SECOND COURSE

MONDAY

Vegetable nuggets
with BBQ dip
& baby baked potatoes
Gluten



Carrot & pineapple traybake
& cream

Milk Egg Gluten



TUESDAY

Beef lasagne
& garlic slice

Mustard Soya Milk Fish Gluten

TODAY'S VEGETARIAN OPTION

Quorn lasagne
& garlic slice

Mustard Milk Egg Gluten



Butterscotch tart

Milk Gluten



WEDNESDAY

All day breakfast wrap
& diced potatoes

Celery Milk Egg Gluten Sulphur Dioxide

TODAY'S VEGETARIAN OPTION

Vegetarian all day breakfast wrap
& diced potatoes

Celery Milk Egg Gluten



Chocolate ice cream roll
& chocolate sauce

Soya Milk Egg Gluten



THURSDAY

Roast turkey,
stuffing & gravy with
mashed & roast potatoes
Gluten

TODAY'S VEGETARIAN OPTION

Quorn roast, stuffing & gravy
with mashed & roast potatoes

Milk Egg Gluten



Honey & oatmeal cookie
with milkshake

Milk Gluten



FRIDAY

Roast gammon
& pineapple
with chips



Apple & cinnamon muffin

Egg Gluten



SERVED DAILY

Best of both bread **Gluten and Soya** **Seasonal vegetables** available daily **Coleslaw** **Egg** when served
Vegetarian meals can be made available upon request