

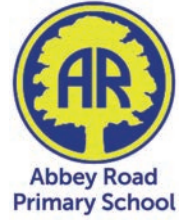


AUTUMN WINTER 2019/20

MENU WEEK 1

WEEK COMMENCING

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



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Vegetarian sausage roll, gravy & roast potatoes

Soya Gluten



Beef & vegetable pie with mashed potatoes

Milk Fish Gluten



BBQ Chicken pizza & potato wedges

Milk Gluten



Nottinghamshire sausage, Yorkshire pudding, gravy & mashed potatoes

Milk Egg Gluten Sulphur Dioxide



MSC Fish fingers & diced potatoes

Fish Gluten

OR



Sweet & sour quorn & wholegrain rice

Celery Egg

OR



Tomato & basil pasta with garlic slice

Soya Milk Gluten

OR



Margherita pizza & jacket wedges

Milk Gluten

OR



Quorn Sausage, gravy & mashed potatoes

Milk Egg Gluten

OR



Macaroni vegetable cheese & garlic bread

Mustard Soya Milk Gluten

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

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

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

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

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

Filled baguette with cheese, ham, egg or tuna & mixed salad
Gluten Egg fish milk

Filled baguette with cheese, ham, egg or tuna & mixed salad
Gluten Egg fish milk

Filled baguette with cheese, ham, egg or tuna & mixed salad
Gluten Egg fish milk

Filled baguette with cheese, ham, egg or tuna & mixed salad
Gluten Egg fish milk

Filled baguette with cheese, ham, egg or tuna & mixed salad
Gluten Egg fish milk

Cheese or cheese & ham panini
Gluten Milk

Cheese or cheese & ham panini
Gluten Milk

Cheese or cheese & ham panini
Gluten Milk

Cheese or cheese & ham panini
Gluten Milk

Cheese or cheese & ham panini
Gluten Milk

DESSERT



Cornflake tart & custard

Milk Gluten Sulphur Dioxide

DESSERT



Fruit in jelly & shortbread biscuit

Gluten

DESSERT



Magic chocolate pudding & chocolate sauce

Milk Egg Gluten

DESSERT



Cherry shortcake & custard

Milk Gluten

DESSERT



Fruits of the forest muffin

Egg Gluten

AVAILABLE DAILY: Best of both bread **Gluten** and **Soya** Seasonal vegetables available daily Coleslaw **Egg** when served. **Vegetarian meals available upon request**

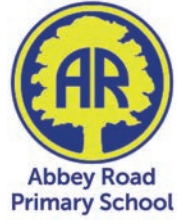


AUTUMN WINTER 2019/20

MENU WEEK 2

WEEK COMMENCING

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



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Quorn dippers
& savoury rice

Milk Egg Gluten



Nottinghamshire sausage,
Yorkshire pudding, gravy
& mashed potatoes

Milk Egg Gluten Sulphur Dioxide



Spaghetti bolognese
& garlic slice

Soya Milk Fish Gluten



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

Milk Egg Gluten



Fish goujons
& potato wedges

Fish Gluten

OR



Mediterranean tagliatelle
& garlic slice

Soya Milk Gluten

OR



Quorn Sausage, gravy
& mashed potatoes

Milk Egg Gluten

OR



Quorn spaghetti bolognese
& garlic slice

Soya Milk Egg Gluten

OR



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

Milk Egg Gluten

OR



Cheesy tomato pasta
& garlic slice

Soya Milk Gluten

Jacket potatoes with cheese,
beans or tuna & mixed salad

Milk Egg Fish

Jacket potatoes with cheese,
beans or tuna & mixed salad

Milk Egg Fish

Jacket potatoes with cheese,
beans or tuna & mixed salad

Milk Egg Fish

Jacket potatoes with cheese,
beans or tuna & mixed salad

Milk Egg Fish

Jacket potatoes with cheese,
beans or tuna & mixed salad

Milk Egg Fish

Filled baguette with
cheese, ham, egg or tuna
& mixed salad

Gluten Egg fish milk

Filled baguette with
cheese, ham, egg or tuna
& mixed salad

Gluten Egg fish milk

Filled baguette with
cheese, ham, egg or tuna
& mixed salad

Gluten Egg fish milk

Filled baguette with
cheese, ham, egg or tuna
& mixed salad

Gluten Egg fish milk

Filled baguette with
cheese, ham, egg or tuna
& mixed salad

Gluten Egg fish milk

Cheese or
cheese & ham panini

Gluten Milk

Cheese or
cheese & ham panini

Gluten Milk

Cheese or
cheese & ham panini

Gluten Milk

Cheese or
cheese & ham panini

Gluten Milk

Cheese or
cheese & ham panini

Gluten Milk

DESSERT



Marble sponge
& custard

Milk Egg Gluten

DESSERT



Fruit flapjack

Gluten

DESSERT



Fruit cookie
& hot chocolate

Milk Gluten

DESSERT



Crispy jam tart
& custard

Milk Gluten Sulphur Dioxide

DESSERT



Raspberry ripple
ice cream roll

Soya Milk Egg Gluten

AVAILABLE DAILY: Best of both bread **Gluten** and **Soya** Seasonal vegetables available daily **Coleslaw** **Egg** when served. **Vegetarian meals available upon request**

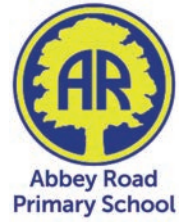


AUTUMN WINTER 2019/20

MENU WEEK 3

WEEK COMMENCING

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



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Vegetable nuggets
with BBQ dip &
baby baked potatoes
Gluten



Venison burger
in a wholemeal bun
& carrot fries
Soya Egg Gluten Sulphur Dioxide



All day breakfast wrap
& diced potatoes
Celery Milk Egg Gluten Sulphur Dioxide



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



MSC Breaded fish
& chips
Fish Gluten

OR



Pasta Neapolitan
& garlic slice
Soya Milk Gluten Sulphur Dioxide

OR



Quorn Burger in a wholemeal
bun & carrot fries
Milk Egg Gluten

OR



Quorn lasagne
& garlic slice
Mustard Milk Egg Gluten

OR



Cheesy leek pasta
& garlic slice
Mustard Soya Milk Gluten

OR



Quorn & coconut curry
with wholegrain rice
Mustard Milk Egg

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

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

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

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

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

Filled baguette with
cheese, ham, egg or tuna
& mixed salad **Gluten Egg fish milk**

Filled baguette with
cheese, ham, egg or tuna
& mixed salad **Gluten Egg fish milk**

Filled baguette with
cheese, ham, egg or tuna
& mixed salad **Gluten Egg fish milk**

Filled baguette with
cheese, ham, egg or tuna
& mixed salad **Gluten Egg fish milk**

Filled baguette with
cheese, ham, egg or tuna
& mixed salad **Gluten Egg fish milk**

Cheese or
cheese & ham panini
Gluten Milk

Cheese or
cheese & ham panini
Gluten Milk

Cheese or
cheese & ham panini
Gluten Milk

Cheese or
cheese & ham panini
Gluten Milk

Cheese or
cheese & ham panini
Gluten Milk

DESSERT



Carrot cake
Milk Egg Gluten

DESSERT



Butterscotch tart
Milk Gluten

DESSERT



Chocolate ice cream roll &
chocolate sauce
Soya Milk Egg Gluten

DESSERT



Honey & oatmeal cookie
with milkshake
Milk Gluten

DESSERT



Fruit muffin
Egg Gluten

AVAILABLE DAILY: Best of both bread **Gluten** and **Soya** Seasonal vegetables available daily **Coleslaw** **Egg** when served. **Vegetarian meals available upon request**