



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 Tacos  
& potato wedges

Fish

Quorn tacos  
& jacket wedges

Egg

OR



Jacket potatoes with  
cheese, beans or tuna  
& mixed salad

Milk Egg Fish

OR



Beef & vegetable pie  
with mashed potatoes

Milk Fish Gluten

OR



Panini & salad,  
assorted fillings

Milk Fish Gluten

OR



Quorn roast,  
stuffing, gravy,  
mashed & roast potatoes

Milk Egg Gluten

OR



Vegetable & cheese bake  
& diced potatoes

Mustard Milk Gluten

### 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



Pancake with frozen yoghurt  
& hot cherries

Milk Egg Gluten

### DESSERT



Oatmeal & yoghurt muffin

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 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



Porkies in gravy,  
Yorkshire pudding  
& mashed potatoes

Soya Milk Egg Gluten



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



Tuna & sweetcorn pasta  
& garlic bread

Soya Milk Fish Gluten

OR



Nottinghamshire sausage,  
Yorkshire pudding, gravy  
& mashed potatoes

Milk Egg Gluten Sulphur Dioxide

OR



Jacket potatoes with  
cheese, beans or tuna  
& mixed salad

Milk Egg Fish

OR



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

Milk Egg Gluten

OR



Quorn sausage twist  
& jacket wedges

Milk Egg Gluten

DESSERT



Marble sponge  
& custard

Milk Egg Gluten

DESSERT



Fruit flapjack

Gluten

DESSERT



Fruit cookie  
& hot chocolate

Milk Gluten

DESSERT



Butterscotch mousse  
& shortbread finger

Milk Gluten

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*



Beef lasagne  
& garlic slice  
*Mustard Soya Milk Fish Gluten*  
Quorn lasagne  
& garlic slice  
*Mustard Milk Egg Gluten*



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



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



Roast gammon  
& pineapple with chips

OR



Pasta Neopolitan  
& garlic slice  
*Soya Milk Gluten Sulphur Dioxide*

OR



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

OR



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

OR



Quorn roast,  
stuffing & gravy with  
mashed & roast potatoes  
*Milk Egg Gluten*

OR



MSC Breaded fish  
& chips  
*Fish Gluten*

### DESSERT



Fruit yoghurt  
& apple wedge  
*Milk*

### 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



Apple & cinnamon 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**