



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

Panini & salad,
assorted fillings

Milk Fish Gluten



Cornflake tart
& custard

Milk Gluten Sulphur Dioxide



TUESDAY

Tomato & basil pasta
with garlic slice

Soya Milk Gluten



Coconut sponge
& custard

Milk Egg Gluten Sulphur Dioxide



WEDNESDAY

Chicken casserole,
mashed potatoes
& Yorkshire pudding

Milk Egg Gluten Celery Sulphur Dioxide

TODAY'S VEGETARIAN OPTION

Quorn casserole, mashed potatoes
& Yorkshire pudding

Celery Milk Egg Gluten



Fruit yoghurt
& apple wedge

Milk



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



Cheese, crackers
& apple wedge

Milk Gluten



FRIDAY

MSC Fish fingers
& diced potatoes

Fish Gluten

TODAY'S VEGETARIAN OPTION

Fishless finger
& jacket wedges

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

Quorn dippers
& savoury rice

Milk Egg Gluten



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
& garlic slice

Soya Milk Fish Gluten

TODAY'S VEGETARIAN OPTION

Quorn spaghetti bolognese
& garlic slice

Soya Milk Egg Gluten



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

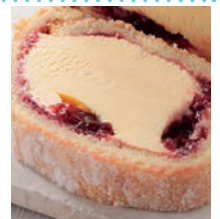
Salmon & sweet potato fishcake
& jacket wedges

Mustard Soya Milk Egg 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

Panini & salad,
assorted fillings

Milk Fish 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



Oaty apple crumble
& custard

Milk Gluten



WEDNESDAY

Porkies in gravy,
Yorkshire pudding
& mashed potatoes

Soya Milk Egg Gluten

TODAY'S VEGETARIAN OPTION

Vegeballs in gravy, Yorkshire pudding
& mashed potatoes

Soya 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



Icky sticky pudding
& custard

Milk Egg Gluten



FRIDAY

Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish



Fruit salad



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