



AUTUMN WINTER 2019/20

## MENU WEEK 1

WEEK COMMENCING

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



ASH LEA  
Working together to be  
the best that we can be



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Vegetarian sausage roll,  
gravy & roast potatoes

Soya Gluten



Savoury beef with  
mashed potatoes  
& Yorkshire pudding

Celery Milk Egg 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



Vegetable cobbler,  
roast potatoes & gravy

Celery Milk Gluten

OR



Savoury quorn with  
mashed potatoes  
& Yorkshire pudding

Celery Milk Egg Gluten

OR



Jacket potatoes with  
cheese, beans or tuna  
& mixed salad

Milk Egg Fish

OR



Quorn sausage, gravy  
& mashed 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



Strawberry mousse  
& fruit

Milk

DESSERT



Chocolate rice pudding

Milk

DESSERT



Cheese, crackers  
& apple wedge

Milk 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



ASH LEA  
Working together to be  
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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



Salmon & sweet potato  
fishcake  
& jacket wedges

Mustard Soya Milk Egg Fish Gluten

OR



Mixed bean bake  
& 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 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



Spiced apple cake  
& custard

Milk Egg 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



ASH LEA  
Working together to be  
the best that we can be



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



Pasta Neapolitan  
& garlic slice

Soya Milk Gluten Sulphur Dioxide



Beef lasagne  
& garlic slice

Mustard Soya Milk Fish Gluten



Porkies in gravy,  
Yorkshire pudding  
& mashed potatoes

Soya Milk Egg Gluten



Roast turkey,  
stuffing & gravy with  
mashed & roast potatoes

Gluten



MSC Breaded fish  
& chips

Fish Gluten

OR



Jacket potatoes with  
cheese, beans or tuna  
& mixed salad

Milk Egg Fish

OR



Tomato & basil pasta  
with garlic slice

Soya Milk Gluten

OR



Vegeballs in gravy,  
Yorkshire pudding  
& mashed potatoes

Soya Milk Egg Gluten

OR



Quorn roast,  
stuffing & gravy with  
mashed & roast potatoes

Milk Egg Gluten

OR



Jacket potatoes with  
cheese, beans or tuna  
& mixed salad

Milk Egg Fish

DESSERT



Cheese, crackers  
& apple wedge

Milk 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



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