



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

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SERVED DAILY

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



Cornflake tart
& custard
Milk Gluten Sulphur Dioxide



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



Cheese, crackers
& apple wedge
Milk Gluten



BBQ Chicken pizza
& potato wedges
Milk Gluten



Strawberry mousse
& fruit
Milk



Nottinghamshire sausage,
Yorkshire pudding, gravy
& mashed potatoes
Milk Egg Gluten Sulphur Dioxide



Pancake with frozen yoghurt
& hot cherries
Milk Egg Gluten



MSC Fish fingers
& diced potatoes
Fish Gluten



Oatmeal & yoghurt muffin
Milk Egg Gluten



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

Roast turkey,
stuffing & gravy with
mashed & roast potatoes

Gluten



Fruit flapjack

Gluten



WEDNESDAY

Spaghetti bolognese
& garlic slice

Soya Milk Fish Gluten



Fruit salad



THURSDAY

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

Milk Egg Gluten



Fruit yoghurt
& apple wedge

Milk



FRIDAY

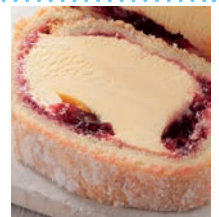
Fish goujons
& potato wedges

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

Pasta Neopolitan
& garlic slice

Soya Milk Gluten Sulphur Dioxide



Carrot & pineapple traybake
& cream

Milk Egg Gluten



TUESDAY

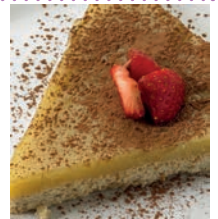
Venison burger
in a wholemeal bun
& carrot fries

Soya Egg Gluten Sulphur Dioxide



Butterscotch tart

Milk Gluten



WEDNESDAY

Sweet & sour chicken
& wholegrain rice

Celery



Cherry pie
& custard

Milk Gluten



THURSDAY

Roast turkey,
stuffing & gravy with
mashed & roast potatoes

Gluten



Honey & oatmeal cookie
with milkshake

Milk Gluten



FRIDAY

MSC Breaded fish
& chips

Fish Gluten



Fruit topped yoghurt
& jelly layer

Milk



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