



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

Vegetarian sausage roll, gravy & roast potatoes

Soya Gluten



Apple & plum crumble & custard

Milk Gluten



TUESDAY

Savoury beef with mashed potatoes & Yorkshire pudding

Celery Milk Egg Fish Gluten

**TODAY'S VEGETARIAN OPTION**

Savoury quorn with mashed potatoes & Yorkshire pudding

Celery Milk Egg Gluten



Coconut sponge & custard

Milk Egg Gluten Sulphur Dioxide



WEDNESDAY

Nottinghamshire sausage, Yorkshire pudding, gravy & mashed potatoes

Milk Egg Gluten Sulphur Dioxide

**TODAY'S VEGETARIAN OPTION**

Quorn sausage, gravy & mashed potatoes

Milk Egg Gluten



Chocolate rice pudding

Milk



THURSDAY

BBQ Chicken pizza & potato wedges

Milk Gluten

**TODAY'S VEGETARIAN OPTION**

Margherita pizza & jacket wedges

Milk Gluten



Fruit yoghurt & apple wedge

Milk



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**



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 apjack

Gluten



WEDNESDAY

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



Fruit yoghurt  
& apple wedge

Milk



THURSDAY

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



FRIDAY

Jacket potatoes with  
cheese, beans or tuna  
& mixed salad

Milk Egg Fish



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

Vegetable nuggets  
with BBQ dip &  
baby baked potatoes  
**Gluten**



Fruit yoghurt  
& apple wedge

**Milk**



TUESDAY

Farmhouse pie  
mashed potatoes  
& gravy  
**Fish Gluten**



Oaty apple crumble  
& custard

**Milk Gluten**



WEDNESDAY

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



Cheese, crackers  
& apple wedge

**Milk Gluten**



THURSDAY

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



Chocolate ice cream roll  
& chocolate sauce

**Soya Milk Egg Gluten**



FRIDAY

Roast gammon & pineapple  
with chips



Apple & cinnamon muffin

**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**