



## 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 & mashed potatoes

Soya Gluten



Beef & vegetable pie  
with mashed potatoes

Milk Fish Gluten



BBQ Chicken pizza  
& potato wedges

Milk Gluten



Roast pork, stuffing, gravy,  
mashed potatoes  
& Yorkshire pudding

Milk Egg Gluten



MSC Fish fingers  
& diced potatoes

Fish Gluten

Quorn & vegetable pie,  
gravy & roast potatoes

Egg Gluten

Margherita pizza  
& jacket wedges

Milk Gluten

Quorn roast, stuffing, gravy,  
mashed & roast potatoes

Milk Egg Gluten

Fishless finger  
& jacket wedges

Gluten

#### OR

#### OR

#### OR

#### OR

#### OR



Jacket potatoes with  
cheese, beans or tuna  
& mixed salad

Milk Egg Fish



Jacket potatoes with  
cheese, beans or tuna  
& mixed salad

Milk Egg Fish



Jacket potatoes with  
cheese, beans or tuna  
& mixed salad

Milk Egg Fish



Jacket potatoes with  
cheese, beans or tuna  
& mixed salad

Milk Egg Fish



Jacket potatoes with  
cheese, beans or tuna  
& mixed salad

Milk Egg Fish

#### DESSERT

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#### DESSERT



Cornflake tart  
& custard

Milk Gluten Sulphur Dioxide



Fruit in jelly  
& shortbread biscuit

Gluten



Strawberry mousse  
& fruit

Milk



Chocolate rice pudding

Milk



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



Nottinghamshire sausage,  
Yorkshire pudding, gravy  
& mashed potatoes

Milk Egg Gluten Sulphur Dioxide

Quorn sausage, gravy  
& mashed potatoes

Milk Egg Gluten



Spaghetti bolognese  
& garlic slice

Soya Milk Fish Gluten

Quorn spaghetti bolognese  
& garlic slice

Soya Milk Egg Gluten



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

Milk Egg Gluten

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

Milk Egg Gluten



Fish goujons  
& potato wedges

Soya Fish Gluten

Fishless finger  
& jacket wedges

Gluten

**OR**



Jacket potatoes with  
cheese, beans or tuna  
& mixed salad

Milk Egg Fish

**OR**



Jacket potatoes with  
cheese, beans or tuna  
& mixed salad

Milk Egg Fish

**OR**



Jacket potatoes with  
cheese, beans or tuna  
& mixed salad

Milk Egg Fish

**OR**



Jacket potatoes with  
cheese, beans or tuna  
& mixed salad

Milk Egg Fish

**OR**



Jacket potatoes with  
cheese, beans or tuna  
& mixed salad

Milk Egg Fish

### DESSERT



Rice pudding  
& jam

Milk Sulphur Dioxide

### DESSERT



Crispy jam tart  
& custard

Milk Gluten Sulphur Dioxide

### 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



Pasta Neapolitan  
& garlic bread

Soya Milk Gluten Sulphur Dioxide



Farmhouse pie  
mashed potatoes  
& gravy

Fish Gluten

Quorn pie,  
mashed potatoes & gravy

Egg Gluten



Sweet & sour chicken  
& wholegrain rice

Celery

Sweet & sour quorn  
& wholegrain rice

Celery Egg



Roast turkey,  
stuffing & gravy with  
mashed & roast potatoes

Gluten

Quorn roast, stuffing & gravy  
with mashed & roast  
potatoes

Milk Egg Gluten



MSC Breaded fish  
& chips

Fish Gluten

Fishless finger  
& chips

Gluten

OR



Jacket potatoes with  
cheese, beans or tuna  
& mixed salad

Milk Egg Fish

OR



Jacket potatoes with  
cheese, beans or tuna  
& mixed salad

Milk Egg Fish

OR



Jacket potatoes with  
cheese, beans or tuna  
& mixed salad

Milk Egg Fish

OR



Jacket potatoes with  
cheese, beans or tuna  
& mixed salad

Milk Egg Fish

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