

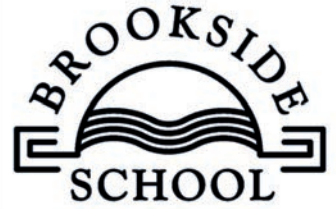


AUTUMN WINTER 2019/20

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



Fruit salad



WEDNESDAY

Sweet & sticky turkey noodles

Soya Egg Gluten Sesame

TODAY'S VEGETARIAN OPTION

Sweet & sticky quorn noodles

Soya Egg Gluten Sesame



Magic chocolate pudding
& chocolate sauce

Milk Egg Gluten



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



Fruit salad



FRIDAY

MSC Fish fingers
& diced potatoes

Fish Gluten

TODAY'S VEGETARIAN OPTION

Fishless finger
& jacket wedges

Gluten



Oatmeal & yoghurt muffin

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

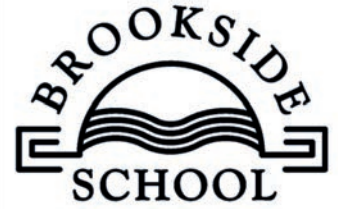


AUTUMN WINTER 2019/20

MENU WEEK 2

WEEK COMMENCING

9 Sept, 30 Sept, 4 Nov, 25 Nov,
16 Dec, 20 Jan, 10 Feb



FIRST COURSE

SECOND COURSE

MONDAY

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



Marble sponge
& custard

Milk Egg Gluten



TUESDAY

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



Fruit flapjack

Gluten



WEDNESDAY

TODAY'S VEGETARIAN OPTION
Quorn sausage, gravy
& mashed potatoes
Milk Egg Gluten



Fruit cookie
& hot chocolate

Milk Gluten



THURSDAY

Spaghetti bolognese
& garlic slice

Soya Milk Fish Gluten

TODAY'S VEGETARIAN OPTION
Quorn spaghetti bolognese
& garlic slice
Soya Milk Egg Gluten



Cheese, crackers
& apple wedge

Milk Gluten



FRIDAY

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

Vegetable nuggets
with BBQ dip &
baby baked potatoes

Gluten

TODAY'S VEGETARIAN OPTION



Carrot & pineapple traybake
& cream

Milk Egg Gluten



TUESDAY

Farmhouse pie
mashed potatoes
& gravy

Fish Gluten

TODAY'S VEGETARIAN OPTION

Quorn pie,
mashed potatoes & gravy

Egg Gluten



Oaty apple crumble
& custard

Milk Gluten



WEDNESDAY

Sweet & sour chicken
& wholegrain rice

Celery

TODAY'S VEGETARIAN OPTION

Sweet & sour quorn
& wholegrain rice

Celery Egg



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



Fruit yoghurt
& apple wedge

Milk



FRIDAY

MSC Breaded fish
& chips

Fish Gluten

TODAY'S VEGETARIAN OPTION

Fishless finger
& chips

Gluten



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