



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

Tomato & basil pasta
with garlic slice

Soya Milk Gluten



Fruit in jelly
& shortbread biscuit

Gluten



WEDNESDAY

Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish



Strawberry mousse
& fruit

Milk



THURSDAY

Nottinghamshire sausage,
Yorkshire pudding, gravy
& mashed potatoes

Milk Egg Gluten Sulphur Dioxide



Cheese, crackers
& apple wedge

Milk Gluten



FRIDAY

MSC Fish fingers
& diced potatoes

Fish Gluten



Fruit yoghurt
& apple wedge

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



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



Fruit yoghurt
& apple wedge

Milk



TUESDAY

Porkies in gravy,
Yorkshire pudding
& mashed potatoes

Soya Milk Egg Gluten



Cheese, crackers
& apple wedge

Milk Gluten



WEDNESDAY

Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish



Spiced apple cake
& custard

Milk Egg Gluten



THURSDAY

Cheesy tomato pasta
& garlic slice

Soya Milk Gluten



Fruits of the forest muffin

Egg Gluten



FRIDAY

Salmon & sweet potato fishcake
& jacket wedges

Mustard Soya Milk Egg 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

Vegetable nuggets
with BBQ dip &
baby baked potatoes
Gluten



Fruit salad



TUESDAY

Venison burger
in a wholemeal bun
& carrot fries
Soya Egg Gluten Sulphur Dioxide



Oaty apple crumble
& custard

Milk Gluten



WEDNESDAY

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



Chocolate ice cream roll
& chocolate sauce

Soya Milk Egg Gluten



THURSDAY

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



Fruit yoghurt
& apple wedge

Milk



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