



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



Cornflake tart
& custard

Milk Gluten Sulphur Dioxide



TUESDAY

Beef & vegetable pie
with mashed potatoes

Milk Fish Gluten

TODAY'S VEGETARIAN OPTION

Quorn & vegetable pie,
gravy & roast potatoes

Egg Gluten



Fruit in jelly
& shortbread biscuit

Gluten



WEDNESDAY

BBQ Chicken pizza
& potato wedges

Milk Gluten

TODAY'S VEGETARIAN OPTION

Margherita pizza
& jacket wedges

Milk Gluten



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



Cheese, crackers
& apple wedge

Milk Gluten



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

Tuna & sweetcorn pasta
& garlic bread

Soya Milk Fish Gluten

TODAY'S VEGETARIAN OPTION

Quorn dippers
& savoury rice
Milk Egg Gluten



Fruit yoghurt
& apple wedge

Milk



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 flapjack

Gluten



WEDNESDAY

Beef cottage pie,
roast potatoes & gravy

Fish Gluten

TODAY'S VEGETARIAN OPTION

Quorn cottage pie,
roast potatoes & gravy
Egg Gluten



Fruit cookie
& hot chocolate

Milk Gluten



THURSDAY

Chicken enchiladas
& savoury rice

Milk Gluten

TODAY'S VEGETARIAN OPTION

Quorn enchiladas
& savoury rice
Egg Gluten



Fruits of the forest muffin

Egg Gluten



FRIDAY

Fish goujons
& potato wedges

Fish Gluten

TODAY'S VEGETARIAN OPTION

Fishless finger
& jacket wedges
Gluten



Pear & chocolate sponge
& chocolate sauce

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

TODAY'S VEGETARIAN OPTION

Quorn burger in a bun
& carrot fries

Soya Milk Egg Gluten



Butterscotch tart

Milk Gluten



WEDNESDAY

Sweet & sour chicken
& wholegrain rice

Celery

TODAY'S VEGETARIAN OPTION

Sweet & sour quorn
& wholegrain rice

Celery Egg



Cherry pie
& custard

Milk Gluten



THURSDAY

Turkey & vegetable pie
roast potatoes & gravy

Milk Fish Gluten

TODAY'S VEGETARIAN OPTION

Quorn & vegetable pie, gravy
& roast potatoes

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