



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



Fruit yoghurt & apple wedge

Milk



TUESDAY

Savoury beef with mashed potatoes & Yorkshire pudding

Celery Milk Egg Fish Gluten



Fruit in jelly & shortbread biscuit

Gluten



WEDNESDAY

Chicken casserole, mashed potatoes & Yorkshire pudding

Celery Milk Egg Gluten Sulphur Dioxide



Magic chocolate pudding & chocolate sauce

Milk Egg Gluten



THURSDAY

Nottinghamshire sausage, Yorkshire pudding, gravy & mashed potatoes

Milk Egg Gluten Sulphur Dioxide



Fruit yoghurt & apple wedge

Milk



FRIDAY

MSC Fish fingers & diced potatoes

Fish Gluten



Cheese, crackers & apple wedge

Milk 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

Quorn dippers
& savoury rice

Milk Egg Gluten



Fruit salad



TUESDAY

Vegeballs in gravy,
Yorkshire pudding
& mashed potatoes

Soya Milk Egg Gluten



Fruit flapjack

Gluten



WEDNESDAY

Spaghetti bolognese
& garlic slice

Soya Milk Fish Gluten



Fruit yoghurt
& apple wedge

Milk



THURSDAY

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

Milk Egg Gluten



Butterscotch mousse
& shortbread finger

Milk Gluten



FRIDAY

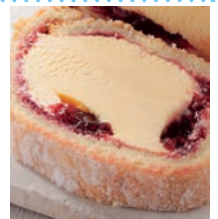
Fish goujons
& potato wedges

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 yoghurt
& apple wedge

Milk



TUESDAY

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



Butterscotch tart

Milk Gluten



WEDNESDAY

Sweet & sour chicken
& wholegrain rice
Celery



Chocolate ice cream roll
& chocolate sauce

Soya Milk Egg Gluten



THURSDAY

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



Honey & oatmeal cookie
with milkshake

Milk Gluten



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