



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 Tacos & potato wedges

Fish

TODAY'S VEGETARIAN OPTION

Quorn tacos & jacket wedges

Egg



Coconut sponge & custard

Milk Egg Gluten Sulphur Dioxide



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

Nottinghamshire sausage, Yorkshire pudding, gravy & mashed potatoes

Milk Egg Gluten Sulphur Dioxide

TODAY'S VEGETARIAN OPTION

Quorn sausage, gravy & mashed 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

Quorn dippers
& savoury rice

Milk Egg Gluten



Marble sponge
& custard

Milk Egg Gluten



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 yoghurt
& apple wedge

Milk



WEDNESDAY

Spaghetti bolognese
& garlic slice

Soya Milk Fish Gluten

TODAY'S VEGETARIAN OPTION

Quorn spaghetti bolognese
& garlic slice

Soya Milk Egg Gluten



Spiced apple cake
& custard

Milk Egg Gluten



THURSDAY

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

Milk Egg Gluten

TODAY'S VEGETARIAN OPTION

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

Milk Egg Gluten



Fruits of the forest muffin

Egg Gluten



FRIDAY

MSC Fish fingers
& potato wedges

Fish Gluten

TODAY'S VEGETARIAN OPTION

Fishless finger
& jacket wedges

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

Pasta Neopolitan
& garlic slice

Soya Milk Gluten Sulphur Dioxide



Fruit yoghurt
& apple wedge

Milk



TUESDAY

Beef lasagne
& garlic slice

Mustard Soya Milk Fish Gluten

TODAY'S VEGETARIAN OPTION

Quorn lasagne
& garlic slice

Mustard Milk Egg Gluten



Cheese, crackers
& apple wedge

Milk Gluten



WEDNESDAY

Porkies in gravy,
Yorkshire pudding
& mashed potatoes

Soya Milk Egg Gluten

TODAY'S VEGETARIAN OPTION

Vegeballs in gravy, Yorkshire pudding
& mashed potatoes

Soya Milk Egg Gluten



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



Honey & oatmeal cookie
with milkshake

Milk Gluten



FRIDAY

MSC Fish fingers
& 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