



AUTUMN WINTER 2019/20

## MENU WEEK 1

WEEK COMMENCING

2 Sept, 23 Sept, 14 Oct,  
18 Nov, 9 Dec, 13 Jan, 3 Feb



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Vegetarian sausage roll,  
gravy & roast potatoes

Soya Gluten



Savoury beef with  
mashed potatoes  
& Yorkshire pudding

Celery Milk Egg Fish Gluten

Savoury quorn with mashed  
potatoes & Yorkshire pudding

Celery Milk Egg Gluten



Jacket potatoes with  
cheese, beans or tuna  
& mixed salad

Milk Egg Fish



Roast pork, stuffing, gravy,  
mashed potatoes &  
Yorkshire pudding

Milk Egg Gluten



MSC Fish fingers  
& diced potatoes

Fish Gluten

Fishless finger  
& jacket wedges

Gluten

OR



Panini & salad,  
assorted fillings

Milk Fish Gluten

OR



Filled roll with cheese,  
ham, egg or tuna  
& mixed salad

Soya Milk Egg Fish Gluten

OR



OR



Quorn roast, stuffing, gravy,  
mashed & roast potatoes

Milk Egg Gluten

OR



Jacket potatoes with  
cheese, beans or tuna  
& mixed salad

Milk Egg Fish

DESSERT



Cornflake tart  
& custard

Milk Gluten Sulphur Dioxide

DESSERT



Coconut sponge  
& custard

Milk Egg Gluten Sulphur Dioxide

DESSERT



Strawberry mousse  
& fruit

Milk

DESSERT



Cheese, crackers  
& apple wedge

Milk Gluten

DESSERT



Oatmeal & yoghurt muffin

Milk Egg Gluten

**AVAILABLE DAILY:** Best of both bread Gluten and Soya Seasonal vegetables available daily Coleslaw Egg when served. Vegetarian meals 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



Primary and Nursery School



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



Quorn dippers  
& savoury rice

Milk Egg Gluten



Nottinghamshire sausage,  
Yorkshire pudding, gravy  
& mashed potatoes

Milk Egg Gluten Sulphur Dioxide

Quorn sausage, gravy  
& mashed potatoes

Milk Egg Gluten



Jacket potatoes with  
cheese, beans or tuna  
& mixed salad

Milk Egg Fish



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

Milk Egg Gluten



Fish goujons  
& potato wedges

Fish Gluten

Fishless finger  
& jacket wedges

Gluten

OR



Mixed bean bake  
& garlic slice

Soya Milk Gluten

OR



Mediterranean tagliatelle  
& garlic slice

Soya Milk Gluten

OR



OR



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

Milk Egg Gluten

OR



Jacket potatoes with  
cheese, beans or tuna  
& mixed salad

Milk Egg Fish

### DESSERT



Marble sponge  
& custard

Milk Egg Gluten

### DESSERT



Fruit flapjack

Gluten

### DESSERT



Fruit cookie  
& hot chocolate

Milk Gluten

### DESSERT



Fruit yoghurt  
& apple wedge

Milk

### DESSERT



Raspberry ripple  
ice cream roll

Soya Milk Egg Gluten

**AVAILABLE DAILY:** Best of both bread **Gluten** and **Soya** Seasonal vegetables available daily **Coleslaw** **Egg** when served. **Vegetarian meals available upon request**





AUTUMN WINTER 2019/20

## MENU WEEK 3

WEEK COMMENCING

16 Sept, 7 Oct, 11 Nov,  
2 Dec, 6 Jan, 27 Jan



### MONDAY



Vegetable nuggets  
with BBQ dip &  
baby baked potatoes  
**Gluten**

OR



Mediterranean tart  
& baby baked potatoes  
**Milk Gluten**

DESSERT



Cheese, crackers  
& apple wedge  
**Milk Gluten**

### TUESDAY



Venison burger  
in a wholemeal bun  
& carrot fries  
**Soya Egg Gluten Sulphur Dioxide**  
Tomato & basil pasta  
with garlic slice  
**Soya Milk Gluten**

OR



Quorn burger  
in a bun  
& carrot fries  
**Soya Milk Egg Gluten**

DESSERT



Butterscotch tart  
**Milk Gluten**

### WEDNESDAY



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

OR



Quorn roast,  
stuffing & gravy with  
mashed & roast potatoes  
**Milk Egg Gluten**

DESSERT



Chocolate ice cream roll  
& chocolate sauce  
**Soya Milk Egg Gluten**

### THURSDAY



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

OR



Quorn roast,  
stuffing & gravy with  
mashed & roast potatoes  
**Milk Egg Gluten**

DESSERT



Honey & oatmeal cookie  
with milkshake  
**Milk Gluten**

### FRIDAY



MSC Breaded fish  
& chips  
**Fish Gluten**  
Fishless finger  
& chips  
**Gluten**

OR



Panini & salad,  
assorted fillings  
**Milk Fish Gluten**

DESSERT



Apple & cinnamon muffin  
**Egg Gluten**

**AVAILABLE DAILY:** Best of both bread **Gluten** and **Soya** Seasonal vegetables available daily **Coleslaw** **Egg** when served. **Vegetarian meals available upon request**