



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

Jacket potatoes with cheese,
beans or tuna & mixed salad

Milk Egg Fish

OR



Vegetable cobbler,
roast potatoes & gravy

Celery Milk Gluten

DESSERT



Cornflake tart
& custard

Milk Gluten Sulphur Dioxide



Beef & vegetable pie
with mashed potatoes

Milk Fish Gluten

Tomato & basil pasta
& garlic slice

Soya Milk Gluten

OR



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

Soya Milk Egg Fish Gluten

DESSERT



Coconut sponge
& custard

Milk Egg Gluten Sulphur Dioxide



BBQ Chicken pizza
& potato wedges

Milk Gluten

Margherita pizza
& jacket wedges

Milk Gluten

OR



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish

DESSERT



Magic chocolate pudding
& chocolate sauce

Milk Egg Gluten



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

Milk Egg Gluten

Quorn roast, stuffing, gravy,
mashed & roast potatoes

Milk Egg Gluten

OR



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

Soya Milk Egg Fish Gluten

DESSERT



Cheese, crackers
& apple wedge

Milk Gluten



MSC Fish fingers
& diced potatoes

Fish Gluten

Vegetable & cheese bake
& diced potatoes

Mustard Milk Gluten

OR



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish

DESSERT



Bakewell tart
& custard

Milk Egg Gluten Sulphur Dioxide

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



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Quorn dippers
& savoury rice

Milk Egg Gluten



Nottinghamshire sausage,
Yorkshire pudding, gravy
& mashed potatoes

Milk Egg Gluten Sulphur Dioxide

Mediterranean tagliatelle
& garlic slice

Soya Milk Gluten



Spaghetti bolognese
& garlic slice

Soya Milk Fish Gluten

Quorn spaghetti bolognese
& garlic slice

Soya Milk Egg Gluten



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

Milk Egg Gluten

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

Milk Egg Gluten



Fish goujons
& potato wedges

Fish Gluten

Quorn sausage twist
& jacket wedges

Milk Egg Gluten

OR



Mixed bean bake
& garlic slice

Soya Milk Gluten

Jacket potatoes with cheese,
beans or tuna & mixed salad

Milk Egg Fish

OR



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

Soya Milk Egg Fish Gluten

OR



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish

OR



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

Soya Milk Egg Fish Gluten

OR



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish

DESSERT



Marble sponge
& custard

Milk Egg Gluten

DESSERT



Crispy jam tart
& custard

Milk Gluten Sulphur Dioxide

DESSERT



Fruit cookie
& hot chocolate

Milk Gluten

DESSERT



Fruits of the forest muffin

Egg Gluten

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

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Mediterranean tart
& baby baked potatoes

Milk Gluten

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

OR



Vegetable nuggets
with BBQ dip &
baby baked potatoes

Gluten

DESSERT



Carrot & pineapple traybake
& cream

Milk Egg Gluten



Beef lasagne
& garlic slice

Mustard Soya Milk Fish Gluten

Tomato & basil pasta
with garlic slice

Soya Milk Gluten

OR



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

Soya Milk Egg Fish Gluten

DESSERT



Butterscotch tart

Milk Gluten



Sweet & sour chicken
& wholegrain rice

Celery

Sweet & sour quorn
& wholegrain rice

Celery Egg

OR



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish

DESSERT



Chocolate ice cream roll
& chocolate sauce

Soya Milk Egg Gluten



Roast turkey,
stuffing & gravy with
mashed & roast potatoes

Gluten

Quorn roast, stuffing & gravy
with mashed & roast potatoes

Milk Egg Gluten

OR



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

Soya Milk Egg Fish Gluten

DESSERT



Icky sticky pudding
& custard

Milk Egg Gluten



MSC Breaded fish
& chips

Fish Gluten

Fishless finger
& chips

Gluten

OR



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish

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