



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



Fish nuggets,
tomato dip & salad

Fish



Beef Tacos
& potato wedges

Fish



BBQ Chicken pizza
& potato wedges

Milk Gluten



Melon & apple



MSC Fish fingers
& diced potatoes

Fish Gluten

MAINS



Vegetarian sausage roll,
gravy & roast potatoes

Soya Gluten

OR



Quorn tacos
& jacket wedges

Egg

OR



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish

MAINS



Nottinghamshire sausage,
Yorkshire pudding, gravy
& mashed potatoes

Milk Egg Gluten Sulphur Dioxide

OR



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish

OR



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish

DESSERT



Fruit in jelly
& shortbread biscuit

Gluten

DESSERT



Strawberry mousse
& fruit

Milk

OR



Quorn sausage, gravy
& mashed potatoes

Milk Egg Gluten

DESSERT



Cheese, crackers
& apple wedge

Milk 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



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Tomato & mozzarella
bruschetta & salad

Milk Gluten Sesame



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

Soya Milk Egg Fish Gluten



Spaghetti bolognese
& garlic slice

Soya Milk Fish Gluten



Vegetable tartlets
& salad

Milk Gluten



Fish goujons
& potato wedges

Fish Gluten

MAINS



Quorn dippers
& savoury rice

Milk Egg Gluten

OR



BBQ Vegeballs in a pitta
& jacket wedges

Soya Gluten

OR



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish

MAINS



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

Milk Egg Gluten

OR



Panini & salad,
assorted fillings

Milk Fish Gluten

OR



Jacket potatoes with cheese,
beans or tuna & mixed salad

Milk Egg Fish

DESSERT



Fruit flapjack

Gluten

DESSERT



Fruit yoghurt
& apple wedge

Milk

OR



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

Milk 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



Cheese & bacon pinwheel & salad

Milk Gluten



Venison burger in a wholemeal bun & carrot fries

Soya Egg Gluten Sulphur Dioxide



All day breakfast wrap & diced potatoes

Celery Milk Egg Gluten Sulphur Dioxide

Vegetarian all day breakfast wrap & diced potatoes

Celery Milk Egg Gluten



Fish nuggets, tomato dip & salad

Fish



MSC Breaded fish & chips

Fish Gluten

MAINS



Vegetable nuggets with BBQ dip & baby baked potatoes

Gluten

OR



Quorn burger in a bun & carrot fries

Soya Milk Egg Gluten

OR



Jacket potatoes with cheese, beans or tuna & mixed salad

Milk Egg Fish

MAINS



Roast turkey, stuffing & gravy with mashed & roast potatoes

Gluten

OR



Jacket potatoes with cheese, beans or tuna & mixed salad

Milk Egg Fish

OR



Jacket potatoes with cheese, beans or tuna & mixed salad

Milk Egg Fish

DESSERT



Fruit salad

DESSERT



Chocolate ice cream roll & chocolate sauce

Soya Milk Egg Gluten

OR



Quorn roast, stuffing & gravy with mashed & roast potatoes

Milk Egg Gluten

DESSERT



Fruit topped yoghurt & jelly layer

Milk

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