



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



Beef Tacos
& potato wedges

Fish



BBQ Chicken pizza
& potato wedges

Milk Gluten



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

Milk Egg Gluten



MSC Fish fingers
& diced potatoes

Fish Gluten

OR



Panini & salad,
assorted fillings

Milk Fish Gluten

OR



Quorn tacos
& jacket wedges

Egg

OR



Margherita pizza
& jacket wedges

Milk Gluten

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



Fruit in jelly
& shortbread biscuit

Gluten

DESSERT



Magic chocolate pudding
& chocolate sauce

Milk Egg Gluten

DESSERT



Cheese, crackers
& apple wedge

Milk Gluten

DESSERT



Oatmeal & yoghurt muffin

Milk Egg Gluten

Fruit yoghurt
& apple wedge

Milk

Fruit yoghurt
& apple wedge

Milk

Fruit yoghurt
& apple wedge

Milk

Fruit yoghurt
& apple wedge

Milk

Fruit yoghurt
& apple wedge

Milk

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



Spaghetti bolognese
& garlic slice

Soya Milk Fish Gluten



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

Milk Egg Gluten



Fish goujons
& potato wedges

Fish Gluten

OR



Tuna & sweetcorn pasta
& garlic bread

Soya Milk Fish Gluten

OR



Quorn sausage, gravy
& mashed potatoes

Milk Egg Gluten

OR



Quorn spaghetti bolognese
& garlic slice

Soya Milk Egg Gluten

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



Fruit salad

DESSERT



Fruit flapjack

Gluten

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

Fruit yoghurt
& apple wedge

Milk

Fruit yoghurt
& apple wedge

Milk

Fruit yoghurt
& apple wedge

Milk

Fruit yoghurt
& apple wedge

Milk

Fruit yoghurt
& apple wedge

Milk

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



Vegetable nuggets
with BBQ dip &
baby baked potatoes
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



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



MSC Breaded fish
& chips
Fish Gluten

OR



Pasta Neopolitan
& garlic slice
Soya Milk Gluten Sulphur Dioxide

OR



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

OR



Vegetarian all day breakfast
wrap & diced potatoes
Celery Milk Egg Gluten

OR



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

OR



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

DESSERT



Fruit yoghurt
& apple wedge
Milk

DESSERT



Butterscotch tart
Milk Gluten

DESSERT



Chocolate ice cream roll
& chocolate sauce
Soya Milk Egg Gluten
Fruit yoghurt
& apple wedge
Milk

DESSERT



Honey & oatmeal cookie
with milkshake
Milk Gluten
Fruit yoghurt
& apple wedge
Milk

DESSERT



Apple & cinnamon muffin
Egg Gluten
Fruit yoghurt
& apple wedge
Milk

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