



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



Nottinghamshire sausage,
Yorkshire pudding, gravy
& mashed potatoes

Milk Egg Gluten Sulphur Dioxide



MSC Fish fingers
& diced potatoes

Fish Gluten

OR



Lentil bolognese
& garlic slice

Soya Celery Milk Gluten

OR



Tomato and basil pasta
& garlic slice

Soya Milk Gluten

OR



Sweet & sticky quorn
noodles

Soya Egg Gluten Sesame

OR



Macaroni vegetable cheese
& garlic bread

Mustard Soya Milk Gluten

OR



Vegetable & cheese bake
& diced potatoes

Mustard Milk Gluten

Jacket potatoes with cheese,
beans or tuna & mixed salad

Milk Egg Fish

Jacket potatoes with cheese,
beans or tuna & mixed salad

Milk Egg Fish

Jacket potatoes with cheese,
beans or tuna & mixed salad

Milk Egg Fish

Jacket potatoes with cheese,
beans or tuna & mixed salad

Milk Egg Fish

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 salad or
Fruit Yoghurt & Apple wedge

Milk

Fruit salad or
Fruit Yoghurt & Apple wedge

Milk

Fruit salad or
Fruit Yoghurt & Apple wedge

Milk

Fruit salad or
Fruit Yoghurt & Apple wedge

Milk

Fruit salad or
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



Tuna & sweetcorn pasta
& garlic bread

Soya Milk Fish Gluten



Hot dog
& diced potatoes

Soya Gluten Sulphur Dioxide

Quorn Hot dog
& diced potatoes

Soya Egg Gluten



Spaghetti bolognese
& garlic slice

Soya Milk Fish Gluten



Chicken enchiladas
& savoury rice

Milk Gluten



Fish goujons
& potato wedges

Fish Gluten

OR



Quorn dippers
& savoury rice

Milk Egg Gluten

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

OR



Quorn spaghetti bolognese
& garlic slice

Soya Milk Egg Gluten

Jacket potatoes with cheese,
beans or tuna & mixed salad

Milk Egg Fish

OR



Cheesy tomato pasta
& garlic slice

Soya Milk Gluten

Jacket potatoes with cheese,
beans or tuna & mixed salad

Milk Egg Fish

OR



Quorn sausage twist
& jacket wedges

Milk Egg Gluten

Jacket potatoes with cheese,
beans or tuna & mixed salad

Milk Egg Fish

DESSERT



Marble sponge
& custard

Milk Egg Gluten

Fruit salad or
Fruit Yoghurt & Apple wedge

Milk

DESSERT



Fruit flapjack

Gluten

Fruit salad or
Fruit Yoghurt & Apple wedge

Milk

DESSERT



Fruit cookie
& hot chocolate

Milk Gluten

Fruit salad or
Fruit Yoghurt & Apple wedge

Milk

DESSERT



Fruits of the forest muffin

Egg Gluten

Fruit salad or
Fruit Yoghurt & Apple wedge

Milk

DESSERT



Cheese, crackers
& apple wedge

Milk Gluten

Fruit salad or
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



Beef lasagne
& garlic slice
Mustard Soya Milk Fish Gluten



Chicken & coconut curry
with wholegrain rice
Mustard Milk



Turkey & vegetable pie
roast potatoes
& gravy
Milk Fish Gluten



MSC Breaded fish
& chips
Fish Gluten

OR



Pasta Neopolitan
& garlic slice
Soya Milk Gluten Sulphur Dioxide



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



Quorn & coconut curry
with wholegrain rice
Mustard Milk Egg



Cheesey leek pasta
garlic slice
Mustard Soya Milk Gluten



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

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

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

DESSERT



Carrot & pineapple traybake
& cream
Milk Egg Gluten



Butterscotch tart
Milk Gluten



Cherry pie
& custard
Milk Gluten



Honey & oatmeal cookie
with milkshake
Milk Gluten



Apple & cinnamon muffin
Egg Gluten

Fruit salad or
Fruit Yoghurt & Apple wedge
Milk

Fruit salad or
Fruit Yoghurt & Apple wedge
Milk

Fruit salad or
Fruit Yoghurt & Apple wedge
Milk

Fruit salad or
Fruit Yoghurt & Apple wedge
Milk

Fruit salad or
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**