



AUTUMN WINTER 2019/20

MENU WEEK 1

WEEK COMMENCING

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



FIRST COURSE

SECOND COURSE

MONDAY

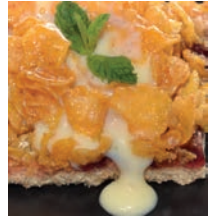
Vegetarian sausage roll, gravy & roast potatoes

Soya Gluten



Cornflake tart & custard

Milk Gluten Sulphur Dioxide



TUESDAY

Savoury beef with mashed potatoes & Yorkshire pudding
Celery Milk Egg Fish Gluten

TODAY'S VEGETARIAN OPTION

Savoury quorn with mashed potatoes & Yorkshire pudding
Celery Milk Egg Gluten



Fruit in jelly & shortbread biscuit

Gluten



WEDNESDAY

BBQ Chicken pizza & potato wedges

Milk Gluten

TODAY'S VEGETARIAN OPTION

Margherita pizza & jacket wedges
Milk Gluten



Strawberry mousse & fruit

Milk



THURSDAY

Nottinghamshire sausage, Yorkshire pudding, gravy & mashed potatoes
Milk Egg Gluten Sulphur Dioxide

TODAY'S VEGETARIAN OPTION

Quorn sausage, gravy & mashed potatoes
Milk Egg Gluten



Chocolate rice pudding

Milk



FRIDAY

MSC Fish fingers & diced potatoes

Fish Gluten



Oatmeal & yoghurt muffin

Milk Egg Gluten



SERVED DAILY

Best of both bread Gluten and Soya **Seasonal vegetables** available daily **Coleslaw** Egg when served
Vegetarian meals can be made 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



FIRST COURSE

SECOND COURSE

MONDAY

Quorn dippers
& savoury rice

Milk Egg Gluten



Cheese, crackers
& apple wedge

Milk Gluten



TUESDAY

Nottinghamshire sausage,
Yorkshire pudding, gravy
& mashed potatoes

Milk Egg Gluten Sulphur Dioxide

TODAY'S VEGETARIAN OPTION

Quorn sausage, gravy
& mashed potatoes

Milk Egg Gluten



Fruit flapjack

Gluten



WEDNESDAY

Spaghetti bolognese
& garlic slice

Soya Milk Fish Gluten

TODAY'S VEGETARIAN OPTION

Quorn spaghetti bolognese
& garlic slice

Soya Milk Egg Gluten



Fruit yoghurt
& apple wedge

Milk



THURSDAY

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

Milk Egg Gluten

TODAY'S VEGETARIAN OPTION

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

Milk Egg Gluten



Fruits of the forest muffin

Egg Gluten



FRIDAY

Fish goujons
& potato wedges

Fish Gluten



Raspberry ripple
ice cream roll

Soya Milk Egg Gluten



SERVED DAILY

Best of both bread Gluten and Soya **Seasonal vegetables** available daily **Coleslaw** Egg when served
Vegetarian meals can be made available upon request



AUTUMN WINTER 2019/20

MENU WEEK 3

WEEK COMMENCING

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



FIRST COURSE

SECOND COURSE

MONDAY

Vegetable nuggets
with BBQ dip &
baby baked potatoes
Gluten



Cheese, crackers
& apple wedge

Milk Gluten



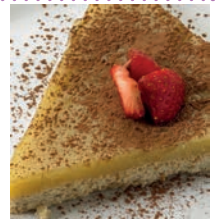
TUESDAY

Venison burger
in a wholemeal bun &
carrot fries
Soya Egg Gluten Sulphur Dioxide



Butterscotch tart

Milk Gluten



WEDNESDAY

TODAY'S VEGETARIAN OPTION
Quorn burger in a bun
& carrot fries
Soya Milk Egg Gluten



Chocolate ice cream roll
& chocolate sauce

Soya Milk Egg Gluten



THURSDAY

Sweet & sour chicken
& wholegrain rice
Celery



Honey & oatmeal cookie
with milkshake

Milk Gluten



FRIDAY

TODAY'S VEGETARIAN OPTION
Sweet & sour quorn
& wholegrain rice
Celery Egg



Apple & cinnamon muffin

Egg Gluten



SERVED DAILY

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

TODAY'S VEGETARIAN OPTION
Quorn roast, stuffing & gravy
with mashed & roast potatoes
Milk Egg Gluten

MSC Breaded fish
& chips
Fish Gluten

Best of both bread **Gluten and Soya** Seasonal vegetables available daily **Coleslaw** **Egg** when served
Vegetarian meals can be made available upon request