



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



Vegetable nuggets with BBQ dip & baby baked potatoes
Gluten



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



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



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

OR



Panini & salad assorted fillings
Milk Fish Gluten

OR



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

OR



Panini & salad assorted fillings
Milk Fish Gluten

OR



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

DESSERT



Cornflake tart & custard
Milk Gluten Sulphur Dioxide

DESSERT



Coconut sponge & custard
Milk Egg Gluten Sulphur Dioxide

DESSERT



Magic chocolate pudding & chocolate sauce
Milk Egg Gluten

DESSERT



Fruit flapjack & milkshake
Gluten Milk

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



Cheesy tomato pasta & garlic slice

Soya Milk Gluten



Nottinghamshire sausage, Yorkshire pudding, gravy & mashed potatoes

Milk Egg Gluten Sulphur Dioxide

Quorn sausage, gravy & mashed potatoes

Milk Egg 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

OR



Jacket potatoes with cheese, beans or tuna & mixed salad

Milk Egg Fish

OR



Panini & salad assorted fillings

Milk Fish Gluten

OR



Jacket potatoes with cheese, beans or tuna & mixed salad

Milk Egg Fish

OR



Panini & salad assorted fillings

Milk 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



Pasta Neapolitan
& garlic slice

Soya Milk Gluten Sulphur Dioxide



Venison burger
in a wholemeal bun
& carrot fries

Soya Egg Gluten Sulphur Dioxide

Quorn burger in a bun
& carrot fries

Soya Milk Egg Gluten



Sweet & sour chicken
& wholegrain rice

Celery

Sweet & sour quorn
& wholegrain rice

Celery Egg



Roast turkey,
stuffing & gravy with
mashed & roast potatoes

Gluten

Quorn roast, stuffing & gravy
with mashed & roast potatoes

Milk Egg Gluten



MSC Breaded fish
& chips

Fish Gluten

OR



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish

OR



Panini & salad
assorted fillings

Milk Fish Gluten

OR



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish

OR



Panini & salad
assorted fillings

Milk Fish Gluten

OR



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish

DESSERT



Icky sticky pudding
& custard

Milk Egg Gluten

DESSERT



Butterscotch tart

Milk Gluten

DESSERT



Chocolate ice cream roll
& chocolate sauce

Soya Milk Egg Gluten

DESSERT



Honey & oatmeal cookie
with milkshake

Milk 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