



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



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



Tomato & basil pasta
with garlic slice

Soya Milk Gluten

OR



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish

OR



Quorn roast,
stuffing, gravy,
mashed & roast potatoes

Milk Egg Gluten

OR



Panini & salad,
assorted fillings

Milk Fish Gluten

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

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

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

Fruit yoghurt & apple wedge

Milk



Nottinghamshire sausage, Yorkshire pudding, gravy & mashed potatoes

Milk Egg Gluten Sulphur Dioxide

Quorn sausage, gravy & mashed potatoes

Milk Egg Gluten

OR



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

Soya Milk Egg Fish Gluten

DESSERT



Fruit flapjack

Gluten

Fruit yoghurt & apple wedge

Milk



Spaghetti bolognese & garlic slice

Soya Milk Fish Gluten

OR



Jacket potatoes with cheese, beans or tuna & mixed salad

Milk Egg Fish

DESSERT



Fruit cookie & hot chocolate

Milk Gluten



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

Milk Egg Gluten

OR



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

Milk Egg Gluten

DESSERT



Fruits of the forest muffin

Egg Gluten

Fruit yoghurt & apple wedge

Milk



Fish goujons & potato wedges

Fish Gluten

Quorn sausage twist & jacket wedges

Milk Egg Gluten

OR



Panini & salad, assorted fillings

Milk Fish Gluten

DESSERT



Pear & chocolate sponge & chocolate sauce

Milk 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**



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



Beef lasagne
& garlic slice

Mustard Soya Milk Fish Gluten

Tomato & basil pasta
with garlic slice

Soya Milk Gluten



Porkies in gravy,
Yorkshire pudding
& mashed potatoes

Soya Milk Egg Gluten



Roast turkey,
stuffing & gravy with
mashed & roast potatoes

Gluten



Roast gammon
& pineapple
with chips

OR



Panini & salad,
assorted fillings

Milk Fish Gluten

OR



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

Soya Milk Egg Fish Gluten

OR



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish

OR



Quorn roast,
stuffing & gravy with
mashed & roast potatoes

Milk Egg Gluten

OR



MSC Breaded fish
& chips

Fish Gluten

DESSERT



Carrot & pineapple traybake
& cream

Milk Egg Gluten

Fruit yoghurt
& apple wedge

Milk

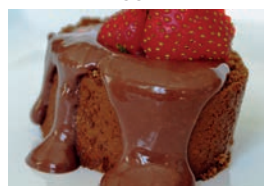
DESSERT



Butterscotch tart

Milk Gluten

DESSERT



Chocolate ice cream roll
& chocolate sauce

Soya Milk Egg Gluten

Fruit yoghurt
& apple wedge

Milk

DESSERT



Icky sticky pudding
& custard

Milk Egg 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**