



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



Yorkshire pudding with
chipolatas & gravy

Milk Egg Gluten Sulphur Dioxide



Chicken casserole,
mashed potatoes
& Yorkshire pudding

Celery Milk Egg Gluten Sulphur Dioxide



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

Milk Egg Gluten



Tomato & mozzarella
bruschetta & salad

Milk Gluten Sesame

OR



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish

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

Soya Milk Egg Fish Gluten

MAINS



Beef & vegetable pie
with mashed potatoes

Milk Fish Gluten

OR



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish

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

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

Soya Milk Egg Fish Gluten

MAINS



MSC Fish fingers
& diced potatoes

Fish Gluten

DESSERT



Cheese, crackers
& apple wedge

Milk Gluten

Fruit salad

OR



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish

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

Soya Milk Egg Fish Gluten

DESSERT



Magic chocolate pudding
& chocolate sauce

Milk Egg Gluten

Fruit salad

DESSERT



Fruit salad

Fruit yoghurt
& apple wedge

Milk

OR



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish

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

Soya Milk Egg Fish 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 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



Fish nuggets,
tomato dip
& salad

Fish



Spaghetti bolognese
& garlic slice

Soya Milk Fish Gluten



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

Milk Egg Gluten



Tomato & mozzarella
bruschetta & salad

Milk Gluten Sesame

OR



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish

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

Soya Milk Egg Fish Gluten

MAINS



Nottinghamshire sausage,
Yorkshire pudding,
gravy & mashed potatoes

Milk Egg Gluten Sulphur Dioxide

OR



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish

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

Soya Milk Egg Fish Gluten

OR



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

Soya Milk Egg Fish Gluten

Jacket potatoes with cheese,
beans or tuna & mixed salad

Milk Egg Fish

MAINS



Fish goujons
& potato wedges

Fish Gluten

DESSERT



Marble sponge
& custard

Milk Egg Gluten

Fruit salad

OR



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

Soya Milk Egg Fish Gluten

Jacket potatoes with cheese,
beans or tuna & mixed salad

Milk Egg Fish

DESSERT



Fruit cookie
& hot chocolate

Milk Gluten

Fruit salad

DESSERT



Fruits of the forest muffin

Egg Gluten

Fruit salad

OR



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish

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

Soya Milk Egg Fish 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



Yorkshire pudding
with chipolatas & gravy

Milk Egg Gluten Sulphur Dioxide



Venison burger
in a wholemeal bun
& carrot fries

Soya Egg Gluten Sulphur Dioxide



Porkies in gravy,
Yorkshire pudding &
mashed potatoes

Soya Milk Egg Gluten



Roast turkey,
stuffing & gravy with
mashed & roast potatoes

Gluten



Tomato & mozzarella
bruschetta & salad

Milk Gluten Sesame

MAINS



Pasta Neopolitan
& garlic slice

Soya Milk Gluten Sulphur Dioxide

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



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

Soya Milk Egg Fish Gluten

MAINS



MSC Breaded fish
& chips

Fish Gluten

OR



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish

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

Soya Milk Egg Fish Gluten

DESSERT



Butterscotch tart

Milk Gluten

Fruit salad

DESSERT



Chocolate ice cream roll
& chocolate sauce

Soya Milk Egg Gluten

Fruit salad

DESSERT



Honey & oatmeal cookie
with milkshake

Milk Gluten

Fruit salad

OR



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish

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

Soya Milk Egg Fish Gluten

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