



AUTUMN WINTER 2019/20

MENU WEEK 1

WEEK COMMENCING

2 Sept, 23 Sept, 14 Oct,
11 Nov, 2 Dec, 6 Jan, 27 Jan



FIRST COURSE

SECOND COURSE

MONDAY

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



Fruit yoghurt
& apple wedge

Milk



TUESDAY

Beef & vegetable pie
with mashed potatoes

Milk Fish Gluten

TODAY'S VEGETARIAN OPTION
Quorn & vegetable pie, gravy
& roast potatoes
Egg Gluten



Coconut sponge
& custard

Milk Egg Gluten Sulphur Dioxide



WEDNESDAY

Chicken casserole,
mashed potatoes
& Yorkshire pudding
Celery Milk Egg Gluten Sulphur Dioxide

TODAY'S VEGETARIAN OPTION
Quorn casserole, mashed potatoes
& Yorkshire pudding
Celery Milk Egg Gluten



Cheese, crackers
& apple wedge

Milk Gluten



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



Pancake with frozen yoghurt
& hot cherries

Milk Egg Gluten



FRIDAY

MSC Fish fingers
& diced potatoes

Fish Gluten

TODAY'S VEGETARIAN OPTION
Fishless finger
& jacket wedges
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, 21 Oct,
18 Nov, 9 Dec, 13 Jan, 3 Feb



FIRST COURSE

SECOND COURSE

MONDAY

Quorn dippers
& savoury rice

Milk Egg Gluten



Marble sponge
& custard

Milk Egg Gluten



TUESDAY

Porkies in gravy,
Yorkshire pudding
& mashed potatoes

Soya Milk Egg Gluten

TODAY'S VEGETARIAN OPTION

Vegeballs in gravy, Yorkshire pudding
& mashed potatoes

Soya 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 salad



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

Salmon & sweet potato fishcake
& jacket wedges

Mustard Soya Milk Egg Fish Gluten

TODAY'S VEGETARIAN OPTION

Fishless finger
& jacket wedges

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, 4 Nov, 25 Nov,
16 Dec, 20 Jan, 27 Jan, 10 Feb



FIRST COURSE

SECOND COURSE

MONDAY

Vegetable nuggets
with BBQ dip &
baby baked potatoes
Gluten



Carrot & pineapple traybake
& cream

Milk Egg Gluten



TUESDAY

Tomato & basil pasta
with garlic slice

Soya Milk Gluten



Oaty apple crumble
& custard

Milk Gluten



WEDNESDAY

Sweet & sour chicken
& wholegrain rice

Celery

TODAY'S VEGETARIAN OPTION

Sweet & sour quorn
& wholegrain rice
Celery Egg



Chocolate ice cream roll
& chocolate sauce

Soya Milk Egg Gluten



THURSDAY

Turkey & vegetable pie
roast potatoes & gravy

Milk Fish Gluten

TODAY'S VEGETARIAN OPTION

Quorn & vegetable pie, gravy
& roast potatoes
Egg Gluten



Icky sticky pudding
& custard

Milk Egg Gluten



FRIDAY

MSC Breaded fish
& chips

Fish Gluten

TODAY'S VEGETARIAN OPTION

Fishless finger
& chips
Gluten



Apple & cinnamon muffin

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