



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

MSC Fish fingers  
& diced potatoes

Fish Gluten

**TODAY'S VEGETARIAN OPTION**

Vegetable & cheese bake  
& diced potatoes

Mustard Milk Gluten



Oatmeal & yoghurt muffin

Milk Egg Gluten



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



Coconut sponge  
& custard

Milk Egg Gluten Sulphur Dioxide



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



Pancake with frozen yoghurt  
& hot cherries

Milk Egg Gluten



FRIDAY

Vegetarian sausage roll, gravy  
& roast potatoes

Soya Gluten



Cornflake tart  
& custard

Milk Gluten Sulphur Dioxide



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

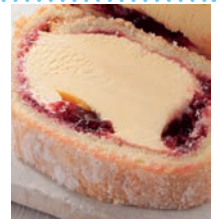
Salmon & sweet potato fishcake  
& jacket wedges

Mustard Soya Milk Egg Fish Gluten



Raspberry ripple  
ice cream roll

Soya Milk Egg 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



Spiced apple cake  
& custard

Milk Egg Gluten



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



Butterscotch mousse  
& shortbread finger

Milk Gluten



FRIDAY

Quorn dippers  
& savoury rice

Milk Egg Gluten



Rice pudding  
& jam

Milk Sulphur Dioxide



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

MSC Breaded fish & chips

Fish Gluten



Fruit topped yoghurt & jelly layer

Milk



TUESDAY

Venison burger in a wholemeal bun & carrot fries

Soya Egg Gluten Sulphur Dioxide

**TODAY'S VEGETARIAN OPTION**

Quorn burger in a bun & carrot fries

Soya Milk Egg Gluten



Butterscotch tart

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

Roast turkey, stuffing & gravy with mashed & roast potatoes

Gluten

**TODAY'S VEGETARIAN OPTION**

Quorn roast, stuffing & gravy with mashed & roast potatoes

Milk Egg Gluten



Honey & oatmeal cookie with milkshake

Milk Gluten



FRIDAY

Vegetable nuggets with BBQ dip & baby baked potatoes

Gluten



Cheese, crackers & apple wedge

Milk 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**