



## 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

Vegetarian sausage roll, gravy  
& roast potatoes

Soya Gluten



Cornflake tart  
& custard

Milk Gluten Sulphur Dioxide



## TUESDAY

Tomato & basil pasta  
with garlic slice

Soya Milk 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



Magic chocolate pudding  
& chocolate sauce

Milk Egg Gluten



## THURSDAY

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

Milk Egg Gluten

**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**



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## MENU WEEK 2

WEEK COMMENCING

9 Sept, 30 Sept, 4 Nov, 25 Nov,  
16 Dec, 20 Jan, 10 Feb



### FIRST COURSE

### SECOND COURSE

MONDAY

Quorn dippers  
& savoury rice

Milk Egg Gluten



Cheese, crackers  
& apple wedge

Milk 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



Fruit cookie  
& hot chocolate

Milk 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

Fish goujons  
& potato wedges

Fish Gluten

**TODAY'S VEGETARIAN OPTION**

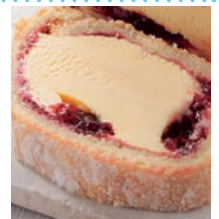
Fishless finger  
& jacket wedges

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**



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## MENU WEEK 3

WEEK COMMENCING

16 Sept, 7 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

Venison burger  
in a wholemeal bun  
& carrot fries  
*Soya Egg Gluten Sulphur Dioxide*



Butterscotch tart

*Milk Gluten*



**TODAY'S VEGETARIAN OPTION**  
Quorn burger in a bun  
& carrot fries  
*Soya Milk Egg Gluten*

WEDNESDAY

Sweet & sour chicken  
& wholegrain rice



Chocolate ice cream roll  
& chocolate sauce

*Soya Milk Egg Gluten*



*Celery*  
**TODAY'S VEGETARIAN OPTION**  
Sweet & sour quorn  
& wholegrain rice  
*Celery Egg*

THURSDAY

Roast turkey,  
stuffing & gravy with  
mashed & roast potatoes  
*Gluten*



Icky sticky pudding  
& custard

*Milk Egg Gluten*



**TODAY'S VEGETARIAN OPTION**  
Quorn roast, stuffing & gravy with  
mashed & roast potatoes  
*Milk Egg Gluten*

FRIDAY

MSC Breaded fish  
& chips



Fruit topped yoghurt  
& jelly layer

*Milk*



*Fish Gluten*  
**TODAY'S VEGETARIAN OPTION**  
Fishless finger  
& chips  
*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**