



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

Jacket potatoes with cheese, beans or tuna & mixed salad

Milk Egg Fish



Magic chocolate pudding & chocolate sauce

Milk Egg 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



Fruit yoghurt & apple wedge

Milk



FRIDAY

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



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

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



Marble sponge  
& custard

*Milk Egg Gluten*



TUESDAY

Nottinghamshire sausage,  
Yorkshire pudding, gravy  
& mashed potatoes  
*Milk Egg Gluten Sulphur Dioxide*



Fruit flapjack

*Gluten*



**TODAY'S VEGETARIAN OPTION**  
Quorn sausage, gravy  
& mashed potatoes  
*Milk Egg Gluten*

WEDNESDAY

Spaghetti bolognese  
& garlic slice



Cheese, crackers  
& apple wedge

*Milk Gluten*



*Soya Milk Fish Gluten*  
**TODAY'S VEGETARIAN OPTION**  
Quorn spaghetti bolognese  
& garlic slice  
*Soya Milk Egg Gluten*

THURSDAY

Roast gammon,  
Yorkshire pudding, gravy,  
mashed & roast potatoes  
*Milk Egg Gluten*



Fruit yoghurt  
& apple wedge

*Milk*



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

FRIDAY

Fish goujons  
& potato wedges



Raspberry ripple  
ice cream roll

*Soya Milk Egg Gluten*



*Fish Gluten*  
**TODAY'S VEGETARIAN OPTION**  
Quorn sausage twist  
& jacket wedges  
*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, 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



Cheese, crackers  
& apple wedge  
Milk Gluten

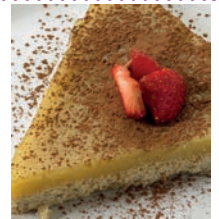


TUESDAY

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

Panini & salad,  
assorted fillings  
Milk Fish Gluten



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

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



Fruit yoghurt  
& apple wedge  
Milk



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**