



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

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



Cornflake tart
& custard

Milk Gluten Sulphur Dioxide



TUESDAY

Savoury beef with
mashed potatoes
& Yorkshire pudding
Celery Milk Egg Fish Gluten



Fruit in jelly
& shortbread biscuit

Gluten



TODAY'S VEGETARIAN OPTION
Savoury quorn with mashed potatoes
& Yorkshire pudding
Celery Milk Egg Gluten

WEDNESDAY

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



Magic chocolate pudding
& chocolate sauce

Milk Egg Gluten



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

THURSDAY

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



Fruit yoghurt
& apple wedge

Milk



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

FRIDAY

MSC Fish fingers
& diced potatoes

Fish Gluten

TODAY'S VEGETARIAN OPTION
Fishless finger
& jacket wedges
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



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

Quorn dippers
& savoury rice

Milk Egg Gluten

TODAY'S VEGETARIAN OPTION

Jacket potatoes with cheese,
beans or tuna & mixed salad

Milk Egg Fish



Fruit salad



TUESDAY

BBQ Vegeballs in a pitta
& jacket wedges

Soya 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 yoghurt
& apple wedge

Milk



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

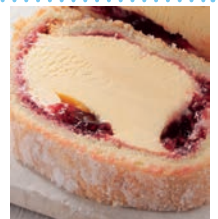
Fish goujons
& potato wedges

Fish Gluten



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, 11 Nov,
2 Dec, 6 Jan, 27 Jan



FIRST COURSE

SECOND COURSE

MONDAY

Vegetable nuggets
with BBQ dip &
baby baked potatoes
Gluten



Fruit yoghurt
& apple wedge

Milk



TUESDAY

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



Butterscotch tart

Milk Gluten



WEDNESDAY

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



Chocolate ice cream roll
& chocolate sauce

Soya Milk Egg Gluten



THURSDAY

Sweet & sour chicken
& wholegrain rice
Celery



Honey & oatmeal cookie
with milkshake

Milk Gluten



FRIDAY

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



Fruit topped yoghurt
& jelly layer

Milk



SERVED DAILY

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

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

MSC Breaded fish
& chips
Fish Gluten

TODAY'S VEGETARIAN OPTION
Fishless finger
& chips
Gluten

Best of both bread **Gluten and Soya** Seasonal vegetables available daily **Coleslaw** **Egg** when served
Vegetarian meals can be made available upon request