

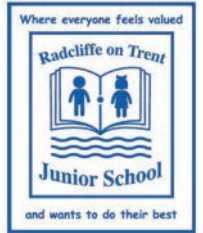


## AUTUMN WINTER 2019/20

# 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

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



Fruit yoghurt & apple wedge

Milk



WEDNESDAY

Sweet & sticky turkey noodles

Soya Egg Gluten Sesame

**TODAY'S VEGETARIAN OPTION**

Sweet & sticky quorn noodles



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 roast, stuffing, gravy, mashed & roast 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



Fruit salad



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**

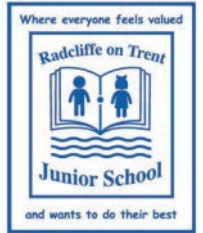


AUTUMN WINTER 2019/20

## 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



Marble sponge  
& custard

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

Jacket potatoes with  
cheese, beans or tuna  
& mixed salad

Milk Egg Fish



Cheese, crackers  
& apple wedge

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



Fruits of the forest muffin

Egg 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**





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

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**



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**