



AUTUMN WINTER 2019/20

## MENU WEEK 1

WEEK COMMENCING

2 Sept, 23 Sept, 14 Oct,  
18 Nov, 9 Dec, 13 Jan, 3 Feb



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



Vegetarian sausage roll,  
gravy & roast potatoes

Soya Gluten



Savoury beef with  
mashed potatoes  
& Yorkshire pudding

Celery Milk Egg Fish Gluten



Chicken casserole,  
mashed potatoes  
& Yorkshire pudding

Celery Milk Egg Gluten Sulphur Dioxide

Quorn casserole, mashed  
potatoes & Yorkshire pudding

Celery Milk Egg Gluten



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

Milk Egg Gluten



MSC Fish fingers  
& diced potatoes

Fish Gluten

OR



Jacket potatoes with  
cheese, beans or tuna  
& mixed salad

Milk Egg Fish

OR



Tomato & basil pasta  
with garlic slice

Soya Milk Gluten

OR



Jacket potatoes with  
cheese, beans or tuna  
& mixed salad

Milk Egg Fish

OR



Quorn roast,  
stuffing, gravy,  
mashed & roast potatoes

Milk Egg Gluten

OR



Jacket potatoes with  
cheese, beans or tuna  
& mixed salad

Milk Egg Fish

DESSERT



Apple & plum crumble  
& custard

Milk Gluten

DESSERT



Coconut sponge  
& custard

Milk Egg Gluten Sulphur Dioxide

DESSERT



Magic chocolate pudding  
& chocolate sauce

Milk Egg Gluten

DESSERT



Pancake with frozen yoghurt  
& hot cherries

Milk Egg Gluten

DESSERT



Bakewell tart  
& custard

Milk Egg Gluten Sulphur Dioxide

**AVAILABLE DAILY:** Best of both bread Gluten and Soya Seasonal vegetables available daily Coleslaw Egg when served. Vegetarian meals 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



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



Tuna & sweetcorn pasta  
& garlic bread

Soya Milk Fish Gluten



Nottinghamshire sausage,  
Yorkshire pudding, gravy  
& mashed potatoes

Milk Egg Gluten Sulphur Dioxide



Spaghetti bolognese  
& garlic slice

Soya Milk Fish Gluten



Roast gammon,  
Yorkshire pudding, gravy,  
mashed & roast potatoes

Milk Egg Gluten



Fish goujons  
& potato wedges

Fish Gluten

OR



Jacket potatoes with  
cheese, beans or tuna  
& mixed salad

Milk Egg Fish

OR



Quorn sausage, gravy  
& mashed potatoes

Milk Egg Gluten

OR



Jacket potatoes with  
cheese, beans or tuna  
& mixed salad

Milk Egg Fish

OR



Roast Quorn, Yorkshire  
pudding & gravy with  
mashed & roast potatoes

Milk Egg Gluten

OR



Jacket potatoes with  
cheese, beans or tuna  
& mixed salad

Milk Egg Fish

DESSERT



Rice pudding  
& jam

Milk Sulphur Dioxide

DESSERT



Fruit flapjack

Gluten

DESSERT



Spiced apple cake  
& custard

Milk Egg Gluten

DESSERT



Fruits of the forest muffin

Egg Gluten

DESSERT



Raspberry ripple  
ice cream roll

Soya Milk Egg Gluten

**AVAILABLE DAILY:** Best of both bread **Gluten** and **Soya** Seasonal vegetables available daily **Coleslaw** **Egg** when served. **Vegetarian meals available upon request**



AUTUMN WINTER 2019/20

## MENU WEEK 3

WEEK COMMENCING

16 Sept, 7 Oct, 11 Nov,  
2 Dec, 6 Jan, 27 Jan



### MONDAY



Pasta Neapolitan  
& garlic slice

Soya Milk Gluten Sulphur Dioxide

OR



Jacket potatoes with  
cheese, beans or tuna  
& mixed salad

Milk Egg Fish

DESSERT



Cheese, crackers  
& apple wedge

Milk Gluten

### TUESDAY



Beef lasagne  
& garlic slice

Mustard Soya Milk Fish Gluten

Quorn lasagne  
& garlic slice

Mustard Milk Egg Gluten

OR



Tomato & basil pasta  
with garlic slice

Soya Milk Gluten

DESSERT



Butterscotch tart

Milk Gluten

### WEDNESDAY



All day breakfast wrap  
& diced potatoes

Celery Milk Egg Gluten Sulphur Dioxide

OR



Vegetarian all day breakfast  
wrap & diced potatoes

Celery Milk Egg Gluten

DESSERT



Chocolate ice cream roll  
& chocolate sauce

Soya Milk Egg Gluten

### THURSDAY



Roast turkey,  
stuffing & gravy with  
mashed & roast potatoes

Gluten

OR



Quorn roast,  
stuffing & gravy with  
mashed & roast potatoes

Milk Egg Gluten

DESSERT



Icky sticky pudding  
& custard

Milk Egg Gluten

### FRIDAY



MSC Breaded fish  
& chips

Fish Gluten

OR



Fishless finger  
& chips

Gluten

DESSERT



Apple & cinnamon muffin

Egg Gluten

**AVAILABLE DAILY:** Best of both bread Gluten and Soya Seasonal vegetables available daily Coleslaw Egg when served. Vegetarian meals available upon request