



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



Cheese, crackers
& apple wedge

Milk Gluten



WEDNESDAY

BBQ Chicken pizza
& potato wedges

Milk Gluten



Magic chocolate pudding
& chocolate sauce

Milk Egg Gluten



THURSDAY

Nottinghamshire sausage,
Yorkshire pudding, gravy
& mashed potatoes

Milk Egg Gluten Sulphur Dioxide



Chocolate rice pudding

Milk



FRIDAY

MSC Fish fingers
& diced potatoes

Fish 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



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



Fruit flapjack

Gluten



WEDNESDAY

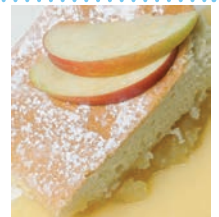
Spaghetti bolognese
& garlic slice

Soya Milk Fish Gluten



Spiced apple cake
& custard

Milk Egg Gluten



THURSDAY

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

Milk Egg Gluten



Butterscotch mousse
& shortbread finger

Milk Gluten



FRIDAY

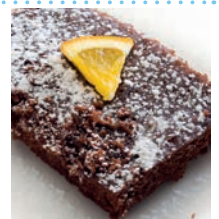
Salmon & sweet potato fishcake
& jacket wedges

Mustard Soya Milk Egg Fish Gluten



Pear & chocolate sponge
& chocolate sauce

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

Tomato & basil pasta
with garlic slice

Soya Milk Gluten



Butterscotch tart

Milk Gluten



WEDNESDAY

Sweet & sour chicken
& wholegrain rice

Celery



Cherry pie
& custard

Milk 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



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