



## 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



Beef Tacos  
& potato wedges

Fish



BBQ Chicken pizza  
& potato wedges

Milk 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



Cornflake tart  
& custard

Milk Gluten Sulphur Dioxide

### DESSERT



Fruit in jelly  
& shortbread biscuit

Gluten

### DESSERT



Magic chocolate pudding  
& chocolate sauce

Milk Egg Gluten

### DESSERT



Fruit salad

### DESSERT



Oatmeal & yoghurt muffin

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 2

WEEK COMMENCING

9 Sept, 30 Sept, 4 Nov, 25 Nov,  
16 Dec, 20 Jan, 10 Feb



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



Quorn dippers  
& savoury rice

Milk Egg Gluten



Nottinghamshire sausage,  
Yorkshire pudding, gravy  
& mashed potatoes

Milk Egg Gluten Sulphur Dioxide



Beef cottage pie,  
roast potatoes & gravy

Fish Gluten



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

Milk Egg Gluten



Fish goujons  
& potato wedges

Fish Gluten

#### OR



Tuna & sweetcorn pasta  
& garlic bread

Soya Milk Fish Gluten

#### OR



Mediterranean tagliatelle  
& garlic slice

Soya Milk 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



Marble sponge  
& custard

Milk Egg Gluten

#### DESSERT



Fruit flapjack

Gluten

#### DESSERT



Fruit cookie  
& hot chocolate

Milk Gluten

#### DESSERT



Butterscotch mousse  
& shortbread finger

Milk 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

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



Vegetable nuggets  
with BBQ dip &  
baby baked potatoes

Gluten



Beef lasagne  
& garlic slice

Mustard Soya Milk Fish Gluten



Sweet & sour chicken  
& wholegrain rice

Celery



Roast turkey,  
stuffing & gravy with  
mashed & roast potatoes

Gluten



MSC Breaded fish  
& chips

Fish Gluten

OR



Pasta Neopolitan  
& garlic slice

Soya Milk Gluten Sulphur Dioxide

OR



Venison burger  
in a wholemeal bun  
& carrot fries

Soya Egg Gluten Sulphur Dioxide

OR



Jacket potatoes with  
cheese, beans or tuna  
& mixed salad

Milk Egg Fish

OR



Quorn roast,  
stuffing & gravy with  
mashed & roast potatoes

Milk Egg Gluten

OR



Jacket potatoes with  
cheese, beans or tuna  
& mixed salad

Milk Egg Fish

DESSERT



Cheese, crackers  
& apple wedge

Milk Gluten

DESSERT



Butterscotch tart

Milk Gluten

DESSERT



Chocolate ice cream roll  
& chocolate sauce

Soya Milk Egg Gluten

Fruit yoghurt  
& apple wedge

Milk

DESSERT



Honey & oatmeal cookie  
with milkshake

Milk Gluten

DESSERT



Fruit yoghurt  
& apple wedge

Milk

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