



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 in jelly & shortbread biscuit

Gluten



WEDNESDAY

BBQ Chicken pizza & potato wedges

Milk Gluten

TODAY'S VEGETARIAN OPTION

Margherita pizza & jacket wedges
Milk Gluten



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



Fruit yoghurt & apple wedge

Milk



FRIDAY

MSC Fish fingers & diced potatoes

Fish 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

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



Marble sponge
& custard

Milk Egg Gluten



TUESDAY

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



Fruit flapjack

Gluten



TODAY'S VEGETARIAN OPTION

Quorn sausage, gravy
& mashed potatoes
Milk Egg Gluten

WEDNESDAY

Spaghetti bolognese
& garlic slice



Cheese, crackers
& apple wedge

Milk Gluten



Soya Milk Fish Gluten

TODAY'S VEGETARIAN OPTION

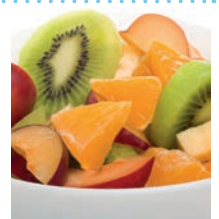
Quorn spaghetti bolognese
& garlic slice
Soya Milk Egg Gluten

THURSDAY

Roast gammon,
Yorkshire pudding, gravy,
mashed & roast potatoes
Milk Egg Gluten



Fruit salad



TODAY'S VEGETARIAN OPTION

Roast Quorn, Yorkshire pudding &
gravy with mashed & roast potatoes
Milk Egg Gluten

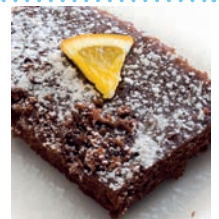
FRIDAY

Fish goujons
& potato wedges



Pear & chocolate sponge
& chocolate sauce

Milk Egg Gluten



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

Pasta Neopolitan
& garlic slice

Soya Milk Gluten Sulphur Dioxide



Fruit yoghurt
& apple wedge

Milk



TUESDAY

Venison burger
in a wholemeal bun
& carrot fries

Soya Egg Gluten Sulphur Dioxide

TODAY'S VEGETARIAN OPTION

Quorn burger in a bun
& carrot fries

Soya Milk Egg Gluten



Butterscotch tart

Milk Gluten



WEDNESDAY

Porkies in gravy,
Yorkshire pudding
& mashed potatoes

Soya Milk Egg Gluten

TODAY'S VEGETARIAN OPTION

Vegeballs in gravy, Yorkshire pudding
& mashed potatoes

Soya Milk Egg Gluten



Chocolate ice cream roll
& chocolate sauce

Soya Milk Egg Gluten



THURSDAY

Roast turkey,
stuffing & gravy with
mashed & roast potatoes

Gluten

TODAY'S VEGETARIAN OPTION

Quorn roast, stuffing & gravy
with mashed & roast potatoes

Milk Egg Gluten



Fruit salad



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