



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



Nottinghamshire sausage,  
Yorkshire pudding, gravy  
& mashed potatoes

Milk Egg Gluten Sulphur Dioxide



MSC Fish fingers  
& diced potatoes

Fish Gluten

#### OR



Panini & salad,  
assorted fillings

Milk Fish Gluten

#### OR



Filled roll with cheese,  
ham, egg or tuna  
& mixed salad

Soya Milk Egg Fish Gluten

#### OR



Panini & salad,  
assorted fillings

Milk Fish Gluten

#### OR



Jacket potatoes with  
cheese, beans or tuna  
& mixed salad

Milk Egg Fish

#### OR



Panini & salad,  
assorted fillings

Milk Fish Gluten

#### DESSERT



Apple & plum crumble  
& custard

Milk Gluten

#### DESSERT



Fruit in jelly  
& shortbread biscuit

Gluten

#### DESSERT



Strawberry mousse  
& fruit

Milk

#### DESSERT



Cheese, crackers  
& apple wedge

Milk Gluten

#### DESSERT



Oatmeal & yoghurt muffin

Milk Egg Gluten

Fruit yoghurt  
& apple wedge

Milk

Fruit yoghurt  
& apple wedge

Milk

Fruit yoghurt  
& apple wedge

Milk

Fruit yoghurt  
& apple wedge

Milk

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**



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



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



Panini & salad,  
assorted fillings

Milk Fish Gluten

OR



Filled roll with cheese,  
ham, egg or tuna  
& mixed salad

Soya Milk Egg Fish Gluten

OR



Panini & salad,  
assorted fillings

Milk Fish Gluten

OR



Jacket potatoes with  
cheese, beans or tuna  
& mixed salad

Milk Egg Fish

OR



Panini & salad,  
assorted fillings

Milk Fish Gluten

DESSERT



Rice pudding  
& jam

Milk Sulphur Dioxide

Fruit yoghurt  
& apple wedge

Milk

DESSERT



Fruit flapjack

Gluten

Fruit yoghurt  
& apple wedge

Milk

DESSERT



Spiced apple cake  
& custard

Milk Egg Gluten

Fruit yoghurt  
& apple wedge

Milk

DESSERT



Butterscotch mousse  
& shortbread finger

Milk Gluten

Fruit yoghurt  
& apple wedge

Milk

DESSERT



Raspberry ripple  
ice cream roll

Soya Milk Egg Gluten

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**





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**



Venison burger  
in a wholemeal bun  
& carrot fries  
**Soya Egg Gluten Sulphur Dioxide**  
Quorn burger  
in a bun & carrot fries  
**Soya Milk Egg Gluten**



Sweet & sour chicken  
& wholegrain rice  
**Celery**



Roast turkey,  
stuffing & gravy with  
mashed & roast potatoes  
**Gluten**



MSC Breaded fish  
& chips  
**Fish Gluten**

OR



Panini & salad,  
assorted fillings  
**Milk Fish Gluten**

OR



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

OR



Panini & salad,  
assorted fillings  
**Milk Fish Gluten**

OR



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

OR



Panini & salad,  
assorted fillings  
**Milk Fish Gluten**

### DESSERT



Cheese, crackers  
& apple wedge  
**Milk Gluten**

### DESSERT



Butterscotch tart  
**Milk Gluten**

### DESSERT



Chocolate ice cream roll  
& chocolate sauce  
**Soya Milk Egg Gluten**

### DESSERT



Honey & oatmeal cookie  
with milkshake  
**Milk Gluten**

### DESSERT



Apple & cinnamon muffin  
**Egg Gluten**

Fruit yoghurt  
& apple wedge  
**Milk**

Fruit yoghurt  
& apple wedge  
**Milk**

Fruit yoghurt  
& apple wedge  
**Milk**

Fruit yoghurt  
& apple wedge  
**Milk**

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**