



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



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 sausage, gravy
& mashed potatoes

Milk Egg Gluten



Cheese, crackers
& apple wedge

Milk Gluten



FRIDAY

MSC Fish fingers
& diced potatoes

Fish Gluten

TODAY'S VEGETARIAN OPTION

Fishless finger
& jacket wedges

Gluten



Fruit salad



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



Fruit cookie
& hot chocolate

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



Butterscotch mousse
& shortbread finger

Milk Gluten



TODAY'S VEGETARIAN OPTION
Roast Quorn, Yorkshire pudding &
gravy with mashed & roast potatoes
Milk Egg Gluten

FRIDAY

Fish goujons
& potato wedges



Raspberry ripple
ice cream roll

Soya Milk Egg Gluten



Fish Gluten
TODAY'S VEGETARIAN OPTION
Fishless finger
& jacket wedges
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



Cheese, crackers
& apple wedge
Milk Gluten



TUESDAY

Tomato & basil pasta
with garlic slice
Soya Milk Gluten



Butterscotch tart
Milk Gluten



WEDNESDAY

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



Chocolate ice cream roll
& chocolate sauce
Soya Milk Egg Gluten



THURSDAY

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



Honey & oatmeal cookie
with milkshake
Milk Gluten



TODAY'S VEGETARIAN OPTION
Quorn roast, stuffing & gravy
with mashed & roast potatoes
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