



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



Cheese, crackers  
& apple wedge

Milk Gluten



TUESDAY

Beef & vegetable pie  
with mashed potatoes

Milk Fish Gluten



Fruit yoghurt  
& apple wedge

Milk



WEDNESDAY

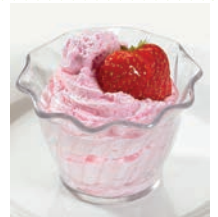
Sweet & sticky turkey noodles

Soya Egg Gluten Sesame



Strawberry mousse  
& fruit

Milk



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



Oatmeal & yoghurt muffin

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**



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## 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 yoghurt  
& apple wedge

Milk



WEDNESDAY

Spaghetti bolognese  
& garlic slice

Soya Milk Fish Gluten



Fruit cookie  
& hot chocolate

Milk Gluten



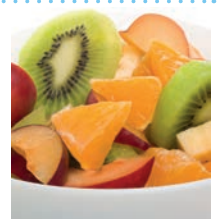
THURSDAY

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

Milk Egg Gluten



Fruit salad



FRIDAY

Fish goujons  
& potato wedges

Fish Gluten



Raspberry ripple  
ice cream roll

Soya 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**



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

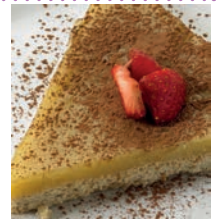


TUESDAY

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



Butterscotch tart  
**Milk Gluten**



WEDNESDAY

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



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**



FRIDAY

MSC Breaded fish  
& chips  
**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**