



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

Beef & vegetable pie  
with mashed potatoes

Milk Fish Gluten

**TODAY'S VEGETARIAN OPTION**  
Quorn & vegetable pie, gravy  
& roast potatoes

Egg Gluten



Coconut sponge  
& custard

Milk Egg Gluten Sulphur Dioxide



WEDNESDAY

BBQ Chicken pizza  
& potato wedges

Milk Gluten

**TODAY'S VEGETARIAN OPTION**  
Margherita pizza  
& jacket wedges

Milk Gluten



Strawberry mousse  
& fruit

Milk



THURSDAY

Nottinghamshire sausage,  
Yorkshire pudding, gravy  
& mashed potatoes

Milk Egg Gluten Sulphur Dioxide

**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



Bakewell tart  
& custard

Milk Egg Gluten Sulphur Dioxide



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

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

**TODAY'S VEGETARIAN OPTION**

Quorn sausage, gravy  
& mashed potatoes

Milk Egg Gluten



Fruit flapjack

Gluten



WEDNESDAY

Beef cottage pie,  
roast potatoes  
& gravy

Fish Gluten

**TODAY'S VEGETARIAN OPTION**

Quorn cottage pie,  
roast potatoes & gravy

Egg Gluten



Fruit cookie  
& hot chocolate

Milk Gluten



THURSDAY

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

Milk Egg Gluten

**TODAY'S VEGETARIAN OPTION**

Roast Quorn, Yorkshire pudding &  
gravy with mashed & roast potatoes

Milk Egg Gluten



Fruits of the forest muffin

Egg Gluten



FRIDAY

Fish goujons  
& potato wedges

Fish Gluten

**TODAY'S VEGETARIAN OPTION**

Fishless finger  
& jacket wedges

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

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



Cheese, crackers  
& apple wedge

**Milk Gluten**



TUESDAY

Beef lasagne  
& garlic slice

**Mustard Soya Milk Fish Gluten**

**TODAY'S VEGETARIAN OPTION**

Quorn lasagne  
& garlic slice

**Mustard Milk Egg Gluten**



Butterscotch tart

**Milk Gluten**



WEDNESDAY

Sweet & sour chicken  
& wholegrain rice

**Celery**

**TODAY'S VEGETARIAN OPTION**

Sweet & sour quorn  
& wholegrain rice

**Celery Egg**



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**



Icky sticky pudding  
& custard

**Milk Egg Gluten**



FRIDAY

MSC Breaded fish  
& chips

**Fish Gluten**

**TODAY'S VEGETARIAN OPTION**

Fishless finger  
& chips

**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**