

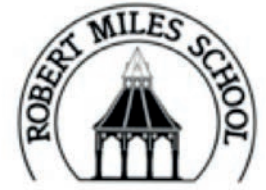


AUTUMN WINTER 2019/20

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



Savoury beef with
mashed potatoes
& Yorkshire pudding

Celery Milk Egg Fish Gluten



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



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish

OR



Savoury quorn with
mashed potatoes &
Yorkshire pudding

Celery Milk Egg Gluten

OR



Margherita pizza
& jacket wedges

Milk Gluten

OR



Quorn sausage, gravy
& mashed potatoes

Milk Egg Gluten

OR



Fishless finger
& jacket wedges

Gluten

DESSERT



Cornflake tart
& custard

Milk Gluten Sulphur Dioxide

DESSERT



Coconut sponge
& custard

Milk Egg Gluten Sulphur Dioxide

DESSERT



Strawberry mousse
& fruit

Milk

DESSERT



Chocolate rice pudding

Milk

DESSERT



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



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish

OR



Quorn sausage, gravy
& mashed potatoes

Milk Egg Gluten

OR



Quorn spaghetti bolognese
& garlic slice

Soya Milk Egg Gluten

OR



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

Milk Egg Gluten

OR



Jacket potatoes with
cheese, beans or tuna
& mixed salad

Milk Egg Fish

DESSERT



Rice pudding
& jam

Milk Sulphur Dioxide

DESSERT



Fruit flapjack

Gluten

DESSERT



Spiced apple cake
& custard

Milk Egg Gluten

DESSERT



Chocolate mousse
& shortbread finger

Milk Gluten

DESSERT



Raspberry ripple
ice cream roll

Soya Milk Egg Gluten

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



Sweet & sour chicken
& wholegrain rice
Celery



Turkey & vegetable pie
roast potatoes & gravy
Milk Fish Gluten



MSC Breaded fish
& chips
Fish Gluten

OR



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

OR



Quorn burger
in a bun
& carrot fries
Soya Milk Egg Gluten

OR



Sweet & sour quorn
& wholegrain rice
Celery Egg

OR



Quorn & vegetable pie, gravy
& roast potatoes
Egg Gluten

OR



Fishless finger
& chips
Gluten

DESSERT



Fruit yoghurt
& apple wedge
Milk

DESSERT



Oaty apple crumble
& custard
Milk Gluten

DESSERT



Chocolate ice cream roll
& chocolate sauce
Soya Milk Egg Gluten

DESSERT



Icky sticky pudding
& custard
Milk Egg Gluten

DESSERT



Fruit salad

AVAILABLE DAILY: Best of both bread **Gluten** and **Soya** Seasonal vegetables available daily **Coleslaw** **Egg** when served. **Vegetarian meals available on request**