



**AUTUMN WINTER 2021**

## MENU WEEK 1

**WEEK COMMENCING**

13 Sept, 4 Oct, 25 Oct,  
15 Nov, 6 Dec, 27 Dec



### MONDAY



Margherita pizza  
& roast potatoes  
crunchy vegetables

Milk Gluten

**OR**



Jacket potatoes with  
cheese, beans or tuna  
mixed salad & coleslaw

Milk Egg Fish

#### DESSERT



Spiced carrot cake  
& custard

Egg Milk Gluten Sulphur Dioxide

**OR** Fruit salad



### TUESDAY



Porkies in gravy  
mashed potatoes  
carrots & cauliflower

Soya Gluten

**OR**



BBQ chicken tortilla wrap  
pommes noisette  
mixed salad

Milk Gluten

#### DESSERT



Fruit in jelly

**OR** Fruit salad



### WEDNESDAY



Mediterranean tagliatelle  
crusty bread  
carrot & cucumber sticks

Milk Gluten Sesame

**OR**



Jacket potatoes with  
cheese, beans or tuna  
mixed salad

Milk Egg Fish

#### DESSERT



Crispy jam tart  
& custard

Milk Gluten Sulphur Dioxide

**OR** Fruit salad



### THURSDAY



Sausages & gravy Yorkshire  
pudding, roast potatoes,  
carrot & swede mash &  
cabbage

Sulphur dioxide Milk Egg  
Gluten

**OR**



Meatball Marinara sub roll  
carrot & cucumber sticks

Milk Gluten

#### DESSERT



Honey & oatmeal cookie

Gluten

**OR** Fruit salad



### FRIDAY



MSC fish fingers, tomato  
ketchup, diced potatoes  
peas & sweetcorn

Gluten Fish

**OR**



Tortilla wrap with cheese  
salad, ham salad or tuna  
mayonnaise, diced potatoes  
& mixed salad

Milk Egg Gluten Fish

#### DESSERT



Pears with hot chocolate  
sauce & shortbread finger

Milk Gluten

**OR** Fruit salad



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





**AUTUMN WINTER 2021**

## MENU WEEK 2

**WEEK COMMENCING**

1 Sept, 20 Sept, 11 Oct,  
1 Nov, 22 Nov, 13 Dec



### MONDAY



Pasta Neapolitan  
crusty bread  
sweetcorn & coleslaw

Gluten Milk Sulphur Dioxide Sesame Egg

**OR**



Jacket potatoes with  
cheese, beans or tuna  
mixed salad & coleslaw

Milk Egg Fish

#### DESSERT



Fruit flapjack

Gluten

**OR** Fruit salad



### TUESDAY



Cheesy topped cottage pie  
& gravy  
carrots & cabbage

Milk Fish

**OR**



Meatball Marinara sub roll  
carrot & cucumber sticks

Milk Gluten

#### DESSERT



Butterscotch tart

Milk Gluten

**OR** Fruit salad



### WEDNESDAY



BBQ turkey wrap  
seasoned wedges  
coleslaw & cucumber sticks

Egg Gluten

**OR**



Jacket potatoes with  
cheese, beans or tuna  
mixed salad & coleslaw

Milk Egg Fish

#### DESSERT



Ginger sponge  
& custard

Egg Milk Gluten

**OR** Fruit salad



### THURSDAY



Sausages & gravy  
Yorkshire pudding, roast  
potatoes, carrots & honey  
roast parsnips

Milk Egg Gluten  
Sulphur dioxide

**OR**



Tortilla wrap with cheese  
salad, ham salad or tuna  
mayonnaise, carrot &  
cucumber sticks

Milk Egg Gluten Fish

#### DESSERT



Frozen yogurt  
& raspberry puree

Milk

**OR** Fruit salad



### FRIDAY



MSC Fish portion  
tomato ketchup, oven chips  
peas & sweetcorn

Gluten Fish

**OR**



Jacket potatoes with  
cheese, beans or tuna  
mixed salad & coleslaw

Milk Egg Fish

#### DESSERT



Chocolate & orange muffin

Egg Gluten

**OR** Fruit salad







AUTUMN WINTER 2021

## MENU WEEK 3

WEEK COMMENCING

6 Sept, 27 Sept, 18 Oct,  
8 Nov, 29 Nov, 20 Dec



### MONDAY



Quorn dippers  
diced potatoes  
sweetcorn  
& coleslaw

Milk Egg Gluten

OR



Jacket potatoes with  
cheese, beans or tuna  
mixed salad

Milk Egg Fish

DESSERT



Apple & plum crumble  
& custard

Milk Gluten

OR Fruit salad



### TUESDAY



Nottinghamshire sausages,  
gravy, Yorkshire pudding  
mashed potatoes,  
honey roast parsnips &  
sliced carrots

Gluten Sulphur Dioxide Milk Egg

OR



BBQ chicken tortilla wrap  
new potatoes  
mixed salad

Gluten

DESSERT



Rice pudding & jam

Milk Sulphur Dioxide

OR Fruit salad



### WEDNESDAY



Cheesy tomato pasta  
crusty bread  
mixed salad & coleslaw

Milk Gluten Sesame Egg

OR



Jacket potatoes with  
cheese, beans or tuna  
mixed salad

Milk Egg Fish

DESSERT



Fruit yoghurt

Milk

OR Fruit salad



### THURSDAY



Roast pork, stuffing & gravy  
Yorkshire pudding  
roast potatoes  
cabbage,  
carrot & swede mash

Milk Egg Gluten

OR



Ham & cheese hot sub roll  
carrot & cucumber sticks

Milk Gluten

DESSERT



Chocolate brownie

Gluten

OR Fruit salad



### FRIDAY



MSC fish cake,  
tomato ketchup,  
roast new potatoes  
garden peas  
& sweetcorn

Gluten Fish

OR



Tortilla wrap with cheese  
salad, ham salad or tuna  
mayonnaise, carrot &  
cucumber sticks

Milk Egg Gluten Fish

DESSERT



Cornflake tart  
& Custard

Milk Gluten Sulphur Dioxide

OR Fruit salad



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