



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

OR

Baguette with cheese, ham
or tuna mayo, mixed salad

Milk Gluten Fish Egg Sesame

DESSERT



Spiced carrot cake
& custard

Egg Milk Gluten Sulphur Dioxide

OR Fruit salad



TUESDAY



Minced beef in gravy
mashed potatoes
carrots & cauliflower

OR



Malted wheat baguette
with cheese, ham or tuna
mayonnaise mixed salad

Milk Gluten Fish Egg Sesame

OR

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

Milk Egg Fish

DESSERT



Fruit in jelly

OR Fruit salad



WEDNESDAY



Mediterranean pasta
crusty bread
carrot & cucumber sticks

Milk Gluten Sesame

OR



Jacket potatoes with
cheese, beans or tuna
mixed salad

Milk Egg Fish

OR

Baguette with cheese, ham
or tuna mayo, mixed salad

Milk Gluten Fish Egg Sesame

DESSERT



Crispy jam tart
& custard

Milk Gluten Sulphur Dioxide

OR Fruit salad



THURSDAY



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

Milk Egg Gluten

OR



Malted wheat baguette
with cheese, ham or tuna
mayonnaise mixed salad

Milk Gluten Fish Egg Sesame

OR

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

Milk Egg Fish

DESSERT



Honey & oatmeal cookie

Gluten

OR Fruit salad



FRIDAY



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

Gluten Fish

OR



Malted wheat baguette
with cheese, ham or tuna
mayonnaise mixed salad

Milk Egg Gluten Fish Sesame

OR

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

Milk Egg 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

Malted wheat baguette with
cheese, ham or tuna
mayonnaise mixed salad

Milk Egg Fish Gluten Sesame

DESSERT



Fruit flapjack

Gluten

OR Fruit salad



TUESDAY



Cheesy topped cottage pie
& gravy
carrots & cabbage

Milk Fish

OR



Malted wheat baguette
with cheese, ham or tuna
mayonnaise mixed salad

Milk Egg Fish Gluten Sesame

OR

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

Milk Egg Fish

DESSERT



Butterscotch tart

Milk Gluten

OR Fruit salad



WEDNESDAY



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

Egg Fish Milk

OR



Malted wheat baguette
with cheese, ham or tuna
mayonnaise mixed salad

Milk Egg Fish Gluten Sesame

DESSERT



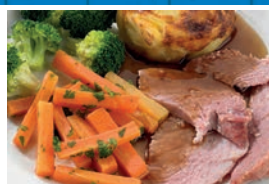
Ginger sponge
& custard

Egg Milk Gluten

OR Fruit salad



THURSDAY



Roast gammon & gravy
Yorkshire pudding, roast
potatoes, carrots & honey
roast parsnips

Milk Egg Gluten

OR



Malted wheat baguette
with cheese, ham or
tuna mayonnaise
mixed salad

Milk Egg Gluten Fish Sesame

OR

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

Milk Egg 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

Malted wheat baguette
with cheese, ham or tuna
mayonnaise mixed salad

Milk Egg Fish Gluten Sesame

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

OR

Baguette with cheese, ham
or tuna mayo, mixed salad
Gluten Egg Fish Sesame Milk

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



Malted wheat baguette
with cheese, ham or tuna
mayonnaise mixed salad

Gluten Egg Fish Sesame Milk

OR

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

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

OR

Baguette with cheese, ham
or tuna mayo, mixed salad
Gluten Egg Fish Sesame Milk

DESSERT



Fruit yoghurt

Milk

OR Fruit salad



THURSDAY



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

OR



Malted wheat baguette with
cheese, ham or tuna
mayonnaise mixed salad

Gluten Egg Fish Milk Gluten

OR

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

DESSERT



Chocolate brownie

Gluten

OR Fruit salad



FRIDAY



MSC fish fingers,
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

OR

Baguette with cheese, ham
or tuna mayo, mixed salad
Gluten Egg Fish Sesame Milk

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