



**AUTUMN WINTER 2021**

## MENU WEEK 1

**WEEK COMMENCING**

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



### FIRST COURSE

### SECOND COURSE

**MONDAY**

Margherita pizza  
& roast potatoes  
crunchy vegetables

Milk Gluten



Spiced carrot cake  
& custard

**OR**

Fruit

Egg Milk Gluten Sulphur Dioxide



**TUESDAY**

Porkies in gravy  
mashed potatoes  
carrots & cauliflower

Soya Gluten



Fruit in jelly

**OR**

Fruit



**WEDNESDAY**

Mediterranean tagliatelle  
crusty bread  
carrot & cucumber sticks

Milk Gluten Sesame



Crispy jam tart  
& custard

**OR**

Fruit

Milk Gluten Sulphur Dioxide



**THURSDAY**

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

Milk Egg Gluten



Honey & oatmeal cookie

**OR**

Fruit

Gluten



**FRIDAY**

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

Gluten Fish



Pears with hot chocolate sauce  
& shortbread finger

**OR**

Fruit

Milk 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 2021

## MENU WEEK 2

WEEK COMMENCING

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



### FIRST COURSE

### SECOND COURSE

MONDAY

Pasta Neapolitan  
crusty bread  
sweetcorn  
& coleslaw

Gluten Milk Sulphur Dioxide Sesame Egg



Fruit flapjack  
**OR**  
Fruit

Gluten



TUESDAY

Cheesy topped cottage pie  
& gravy  
carrots & cabbage

Milk Fish



Butterscotch tart  
**OR**  
Fruit

Milk Gluten



WEDNESDAY

BBQ turkey wrap  
seasoned wedges  
coleslaw  
& cucumber sticks

Gluten Egg



Ginger sponge  
& custard  
**OR**  
Fruit

Milk Egg Gluten



THURSDAY

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

Milk Egg Gluten



Raspberry ripple ice cream roll  
**OR**  
Fruit

Milk Egg Soya Gluten



FRIDAY

MSC Fish portion  
tomato ketchup,  
oven chips  
peas & sweetcorn

Gluten Fish



Chocolate & orange muffin  
**OR**  
Fruit

Egg Gluten



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**AUTUMN WINTER 2021**

## MENU WEEK 3

**WEEK COMMENCING**

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



### FIRST COURSE

### SECOND COURSE

**MONDAY**

Quorn dippers  
diced potatoes  
sweetcorn  
& coleslaw

Milk Egg Gluten



Apple & plum crumble  
& custard  
**OR**  
Fruit

Milk Gluten



**TUESDAY**

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

Gluten Sulphur Dioxide Milk Egg



Rice pudding & jam  
**OR**  
Fruit

Milk Sulphur Dioxide



**WEDNESDAY**

Cheesy tomato pasta  
crusty bread  
mixed salad  
& coleslaw

Milk Gluten Sesame Egg



Fruit yoghurt  
**OR**  
Fruit

Milk



**THURSDAY**

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

Milk Egg Gluten



Chocolate brownie  
**OR**  
Fruit

Gluten



**FRIDAY**

MSC fish cake,  
tomato ketchup,  
jacket wedges  
garden peas & sweetcorn

Fish Gluten



Cornflake tart  
& Custard  
**OR**  
Fruit

Milk 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