



**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 **Milk Gluten**  
& roast potatoes  
crunchy vegetables

**OR**

Sandwich **Gluten Soya** with assorted fillings,  
cheese **Milk**, Tuna **Fish**(no mayo), ham  
Crunchy vegetables



Spiced carrot cake  
Egg **Gluten Sulphur Dioxide**  
& custard **Milk**

**OR**  
Fruit



**TUESDAY**

Plant based meatless balls in gravy mashed  
potatoes  
carrots & cauliflower

**OR**

Sandwich **Gluten Soya** with assorted fillings,  
cheese **Milk**, Tuna **Fish**(no mayo), ham  
Crunchy vegetables



Fruit in jelly

**OR**  
Fruit



**WEDNESDAY**

Mediterranean tagliatelle **Milk Gluten** crusty bread  
**Gluten Sesame**  
carrot & cucumber sticks

**OR**

Sandwich **Gluten Soya** with assorted fillings,  
cheese **Milk**, Tuna **Fish**(no mayo), ham  
Crunchy vegetables



Crispy jam tart  
**Gluten Sulphur Dioxide**  
& custard **Milk**

**OR**  
Fruit



**THURSDAY**

Roast beef & gravy  
Yorkshire pudding **Milk Egg Gluten**  
roast potatoes,  
carrot & swede mash & cabbage

**OR**

Sandwich **Gluten Soya** with assorted fillings, cheese  
**Milk**, Tuna **Fish**(no mayo), ham Crunchy vegetables



Honey & oatmeal  
cookie **Gluten**

**OR**  
Fruit



**FRIDAY**

MSC fish fingers **Gluten Fish** & Tomato ketchup,  
diced potatoes  
peas & sweetcorn

**OR**

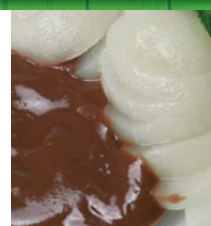
Sandwich **Gluten Soya** with assorted fillings, cheese  
**Milk**, Tuna **Fish**(no mayo), ham  
Crunchy vegetables



Pears with hot  
chocolate sauce  
& shortbread finger

**Gluten Milk**

**OR**  
Fruit



**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

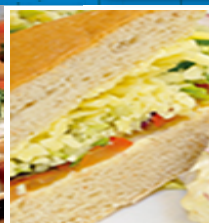
### SECOND COURSE

MONDAY

Pasta Neapolitan **Gluten Milk Sulphur Dioxide** crusty bread **Gluten Sesame** sweetcorn & coleslaw **Egg**

**OR**

Sandwich **Gluten Soya** with assorted fillings, cheese **Milk**, Tuna **Fish**(no mayo), ham Crunchy vegetables



Fruit flapjack **Gluten**  
**OR**  
Fruit



TUESDAY

Cheesy topped cottage pie **Milk Fish** & gravy carrots & cabbage

**OR**

Sandwich **Gluten Soya** with assorted fillings, cheese **Milk**, Tuna **Fish**(no mayo), ham Crunchy vegetables



Butterscotch tart **Milk**  
**Gluten**  
**OR**  
Fruit

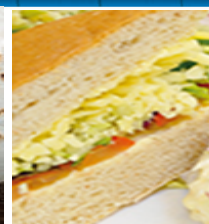


WEDNESDAY

BBQ turkey wrap **Gluten** seasoned wedges coleslaw **Egg** & cucumber sticks

**OR**

Sandwich **Gluten Soya** with assorted fillings, cheese **Milk**, Tuna **Fish**(no mayo), ham Crunchy vegetables



Ginger sponge **Egg**  
**Gluten**  
& custard **Milk**  
**OR**  
Fruit

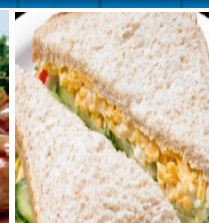


THURSDAY

Notts sausages **Gluten Sulphur dioxide** & gravy Yorkshire pudding **Milk Egg Gluten** roast potatoes, carrots & honey roast parsnips

**OR**

Sandwich **Gluten Soya** with assorted fillings, cheese **Milk**, Tuna **Fish**(no mayo), ham Crunchy vegetables



Frozen yogurt **Milk**  
& raspberry puree  
**OR**  
Fruit



FRIDAY

MSC Fish portion **Fish Gluten** & tomato ketchup, oven chips peas & sweetcorn

**OR**

Sandwich **Gluten Soya** with assorted fillings, cheese **Milk**, Tuna **Fish**(no mayo), ham Crunchy vegetables



Chocolate & orange  
muffin  
**Gluten Egg**  
**OR**  
Fruit



**SERVED DAILY**

Best of both bread **Gluten and Soya** Seasonal vegetables available daily Coleslaw **Egg** when served

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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 **Milk Egg Gluten**  
diced potatoes  
sweetcorn & coleslaw **Egg**

**OR**

Sandwich **Gluten Soya** with assorted fillings, cheese  
**Milk**, Tuna **Fish**(no mayo), ham  
Crunchy vegetables



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



TUESDAY

Nottinghamshire sausages **Gluten Sulphur Dioxide**  
gravy, Yorkshire pudding **Gluten Milk Egg**  
mashed potatoes  
honey roast parsnips & sliced carrots

**OR**

Sandwich **Gluten Soya** with assorted fillings, cheese  
**Milk**, Tuna **Fish**(no mayo), ham Crunchy vegetables



Rice pudding & jam  
**Milk Sulphur Dioxide**  
**OR**  
Fruit



WEDNESDAY

Cheesy tomato pasta **Milk Gluten**  
crusty bread **Gluten Sesame**  
mixed salad & coleslaw **Egg**

**OR**

Sandwich **Gluten Soya** with assorted fillings,  
cheese **Milk**, Tuna **Fish**(no mayo), ham  
Crunchy vegetables



Fruit yoghurt **Milk**  
**OR**  
Fruit

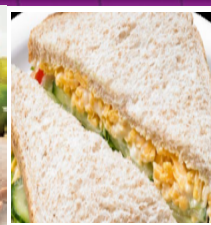


THURSDAY

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

**OR**

Sandwich **Gluten Soya** with assorted fillings, cheese  
**Milk**, Tuna **Fish**(no mayo), ham Crunchy vegetables



Chocolate brownie  
**Gluten**  
**OR**  
Fruit



FRIDAY

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

**OR**

Sandwich **Gluten Soya** with assorted fillings, cheese  
**Milk**, Tuna **Fish**(no mayo), ham Crunchy vegetables



Cornflake tart **Gluten**  
**Sulphur Dioxide**  
& Custard **Milk**  
**OR**  
Fruit



**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