



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



Spiced carrot cake
& custard
OR
Fruit



Egg Milk Gluten Sulphur Dioxide

TUESDAY

Porkies in gravy **Soya Gluten**
VEGETARIAN OPTION
Vegeballs in gravy **Soya Gluten**
mashed potatoes
carrots & cauliflower



Fruit in jelly
OR
Fruit



WEDNESDAY

Mediterranean tagliatelle **Milk Gluten**
VEGETARIAN OPTION
Mediterranean tagliatelle (without chicken)
Milk Gluten
crusty bread **Gluten Sesame**
carrot & cucumber sticks



Crispy jam tart
& custard
OR
Fruit



Milk Gluten Sulphur Dioxide

THURSDAY

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



Honey & oatmeal cookie
OR
Fruit



Gluten

FRIDAY

MSC fish fingers, **Gluten Fish**
VEGETARIAN OPTION
Fishless fingers, **Gluten**
tomato ketchup,
diced potatoes
peas & sweetcorn



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



Fruit flapjack
OR
Fruit

Gluten



TUESDAY

Cheesy topped cottage pie & gravy **Milk Fish**
VEGETARIAN OPTION
Cheesy Quorn cottage pie **Milk Egg**
carrots
& cabbage



Butterscotch tart
OR
Fruit

Milk Gluten



WEDNESDAY

Jacket potato with cheese **Milk**, baked beans or
tuna mayonnaise **Fish Egg**
Carrot & cucumber sticks



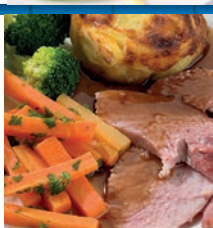
Ginger sponge
& custard
OR
Fruit

Milk Egg Gluten



THURSDAY

Roast gammon & gravy
VEGETARIAN OPTION
Roast Quorn & gravy **Milk Egg**
Yorkshire pudding, **Milk Egg Gluten**
roast potatoes,
carrots & honey roast parsnips



Frozen yogurt
& raspberry puree
OR
Fruit

Milk



FRIDAY

MSC Fish portion **Gluten Fish**
VEGETARIAN OPTION
Fisless fingers, **Gluten**
tomato ketchup,
oven chips
peas & sweetcorn



Chocolate & orange muffin
OR
Fruit

Egg 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 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**



Apple & plum crumble
& custard
OR
Fruit

Milk Gluten



TUESDAY

Nottinghamshire sausages, gravy,
Gluten Sulphur Dioxide
VEGETARIAN OPTION
Plant based sausage **Soya Sulphur Dioxide**
Yorkshire pudding **Milk Egg Gluten**
mashed potatoes, honey roast parsnips
& sliced carrots



Rice pudding & jam
OR
Fruit

Milk Sulphur Dioxide



WEDNESDAY

Jacket potato with cheese **Milk** baked
beans or tuna mayonnaise **Fish Egg**

mixed salad
& coleslaw **Egg**



Fruit yoghurt
OR
Fruit

Milk



THURSDAY

Roast pork, stuffing & gravy **Gluten**
VEGETARIAN OPTION
Roast Quorn, stuffing & gravy **Milk Egg Gluten**

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



Chocolate brownie
OR
Fruit

Gluten



FRIDAY

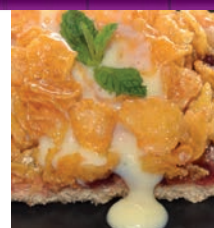
MSC fish cake **Fish Gluten**,
VEGETARIAN OPTION
Fisless fingers, **Gluten**

tomato ketchup,
jacket wedges
garden peas & sweetcorn



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