



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

Jacket potato with baked beans,  
cheese or tuna mayo  
carrot & cucumber sticks

Milk Fish Egg



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,  
oven chips  
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

Vegetarian sausage & gravy  
Yorkshire pudding  
mashed potatoes  
carrots & broccoli

Gluten Milk Soya Sulphur dioxide Egg



Fruit flapjack  
**OR**  
Fruit

Gluten



TUESDAY

Spaghetti Bolognese  
Garlic bread  
crunchy vegetables

Gluten Fish Milk



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



Frozen yogurt  
& raspberry puree  
**OR**  
Fruit

Milk



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

Vegeballs in gravy  
Yorkshire pudding  
broccoli & sweetcorn

Milk Egg Gluten Soya



Icky sticky toffee  
pudding & custard  
**OR**  
Fruit

Milk Egg Gluten



TUESDAY

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

Gluten Sulphur Dioxide Milk Egg



Fruit cookie  
**OR**  
Fruit

Gluten



WEDNESDAY

Jacket potato with baked beans,  
cheese or tuna mayo  
carrot & cucumber sticks

Milk Fish 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