



**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 potato with baked  
beans, cheese **Milk** or tuna  
mayo **Egg Fish**  
mixed salad

#### DESSERT



Spiced carrot cake & custard

**Egg** Gluten Milk Sulphur dioxide

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

#### OR Sandwich option

Sandwich with assorted  
fillings **allergens on pkt**  
vegetable crudities  
&  
Dessert of the day

### TUESDAY



Meatballs & gravy  
mashed potatoes  
carrots & cauliflower  
**Gluten Soya**

**OR**



Jacket potato with baked  
beans, cheese **Milk** or tuna  
mayo **Egg Fish**  
mixed salad

#### DESSERT



Fruit in jelly

**OR**

Fruit yoghurt **Milk**

#### OR Sandwich option

Sandwich with assorted  
fillings **allergens on pkt**  
vegetable crudities  
&  
Dessert of the day

### WEDNESDAY



Mediterranean chicken  
Tagliatelle  
crusty bread  
carrot & cucumber sticks  
**Gluten Sesame Milk**

**OR**



Jacket potato with baked  
beans, cheese **Milk** or tuna  
mayo **Egg Fish**  
mixed salad

#### DESSERT



Crispy jam tart & custard

**Milk Gluten Sulphur dioxide**

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

#### OR Sandwich option

Sandwich with assorted  
fillings **allergens on pkt**  
vegetable crudities  
&  
Dessert of the day

### THURSDAY



Vegetarian sausage & gravy  
Yorkshire pudding, roast  
potatoes, carrot & swede  
mash & cabbage **Milk Egg Gluten**  
**Soya Sulphur dioxide**

**OR**



Jacket potato with baked  
beans, cheese **Milk** or tuna  
mayo **Egg Fish**  
mixed salad

#### DESSERT



Honey & oatmeal cookie

**Gluten**

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

#### OR Sandwich option

Sandwich with assorted  
fillings **allergens on pkt**  
vegetable crudities  
&  
Dessert of the day

### FRIDAY



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

**OR**



Jacket potato with baked  
beans, cheese **Milk** or tuna  
mayo **Egg Fish**  
mixed salad

#### DESSERT



Chocolate mousse &  
shortbread finger

**Gluten Milk**

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

#### OR Sandwich option

Sandwich with assorted  
fillings **allergens on pkt**  
vegetable crudities  
&  
Dessert of the day





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## 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 potato with baked  
beans, cheese **Milk** or tuna  
mayo **Egg Fish**  
mixed salad

#### DESSERT



Fruit flapjack **Gluten**  
Or  
Fruit yoghurt **Milk**

**OR Sandwich option**  
Sandwich with assorted  
fillings - **allergens on pkt**  
vegetable crudities  
&  
Dessert of the day

### TUESDAY



Cheesy topped cottage pie  
& gravy  
carrots & cabbage

Milk Fish

**OR**



Jacket potato with baked  
beans, cheese **Milk** or tuna  
mayo **Egg Fish**  
mixed salad

#### DESSERT



Butterscotch tart **Milk Gluten**  
Or  
Fruit yoghurt **Milk**

**OR Sandwich option**  
Sandwich with assorted  
fillings - **allergens on pkt**  
vegetable crudities  
&  
Dessert of the day

### WEDNESDAY



BBQ turkey wrap  
seasoned wedges  
coleslaw & cucumber sticks

Gluten Egg

**OR**



Jacket potato with baked  
beans, cheese **Milk** or tuna  
mayo **Egg Fish**  
mixed salad

#### DESSERT



Vanilla sponge & custard  
**Gluten Egg Milk**  
Or Fruit yoghurt **Milk**

**OR Sandwich option**  
Sandwich with assorted  
fillings - **allergens on pkt**  
vegetable crudities  
&  
Dessert of the day

### THURSDAY



Sausages & gravy, Yorkshire  
pudding, mashed potatoes,  
honey roast parsnips & carrots

Gluten Sulphur Dioxide Milk Egg

**OR**



Jacket potato with baked  
beans, cheese **Milk** or tuna  
mayo **Egg Fish**  
mixed salad

#### DESSERT



Frozen yoghurt & raspberry  
puree **Milk**  
Or Fruit yoghurt **Milk**

**OR Sandwich option**  
Sandwich with assorted  
fillings - **allergens on pkt**  
vegetable crudities  
&  
Dessert of the day

### FRIDAY



MSC Fish portion  
tomato ketchup, oven chips  
peas & sweetcorn

Gluten Fish

**OR**



Jacket potato with baked  
beans, cheese **Milk** or tuna  
mayo **Egg Fish**  
mixed salad

#### DESSERT



Chocolate & orange muffin  
**Egg Gluten**  
Or Fruit yoghurt **Milk**

**OR Sandwich option**  
Sandwich with assorted  
fillings - **allergens on pkt**  
vegetable crudities  
&  
Dessert of the day





**AUTUMN WINTER 2021**

## MENU WEEK 3

**WEEK COMMENCING**

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



### MONDAY



Quorn dippers, tomato ketchup  
roast potatoes  
sweetcorn cobette

Milk Egg Gluten

**OR**



Jacket potato with baked beans, cheese **Milk** or tuna mayo **Egg Fish**  
mixed salad

#### DESSERT



Honey & oatmeal cookie  
**Gluten**  
Or Fruit yoghurt **Milk**

#### OR Sandwich option

Sandwich with assorted fillings - **allergens on pkt**  
vegetable crudities &  
Dessert of the day

### TUESDAY



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

Gluten Sulphur Dioxide Milk Egg

**OR**



Jacket potato with baked beans, cheese **Milk** or tuna mayo **Egg Fish**  
mixed salad

#### DESSERT



Fruit in jelly

Or Fruit yoghurt **Milk**

#### OR Sandwich option

Sandwich with assorted fillings - **allergens on pkt**  
vegetable crudities &  
Dessert of the day

### WEDNESDAY



Cheesy tomato pasta  
crusty bread  
salad bar

Milk Gluten Sesame

**OR**



Jacket potato with baked beans, cheese **Milk** or tuna mayo **Egg Fish**  
mixed salad

#### DESSERT



Cornflake tart & custard  
**Gluten Milk Sulphur dioxide**  
Or Fruit yoghurt **Milk**

#### OR Sandwich option

Sandwich with assorted fillings - **allergens on pkt**  
vegetable crudities &  
Dessert of the day

### THURSDAY



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

Milk Egg Gluten

**OR**



Jacket potato with baked beans, cheese **Milk** or tuna mayo **Egg Fish**  
mixed salad

#### DESSERT



Chocolate muffin **Gluten Egg**

Or Fruit yoghurt **Milk**

#### OR Sandwich option

Sandwich with assorted fillings - **allergens on pkt**  
vegetable crudities &  
Dessert of the day

### FRIDAY



MSC fish cake, tomato ketchup,  
baby roast potatoes  
peas & sweetcorn

Gluten Fish

**OR**



Jacket potato with baked beans, cheese **Milk** or tuna mayo **Egg Fish**  
mixed salad

#### DESSERT



Fruit yoghurt **Milk**

#### OR Sandwich option

Sandwich with assorted fillings - **allergens on pkt**  
vegetable crudities &  
Dessert of the day

**AVAILABLE DAILY:** Best of both bread **Gluten and Soya** Fresh fruit available daily Coleslaw **Egg** when served. **Vegetarian meals available upon request**