



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

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



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

OR

Fruit



TUESDAY

Porkies in gravy **Soya** **Gluten**
mashed potatoes
carrots & cauliflower

OR

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



Fruit in jelly

OR

Fruit



WEDNESDAY

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

OR

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



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

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



Honey & oatmeal
cookie **Gluten**

OR

Fruit



FRIDAY

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

OR

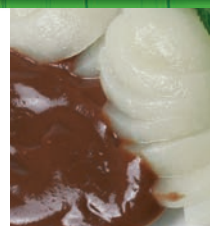
Jacket potato with baked beans,
cheese **Milk** or tuna mayo **Egg** **Fish**
mixed salad



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



Fruit flapjack **Gluten**
OR
Fruit



TUESDAY

Cheesy topped cottage pie **Milk** **Fish**
& gravy
carrots & cabbage
OR
Jacket potato with baked beans,
cheese **Milk** or tuna mayo **Egg** **Fish**
mixed salad



Butterscotch tart **Milk**
Gluten
OR
Fruit



WEDNESDAY

BBQ turkey wrap **Gluten**
seasoned wedges
coleslaw **Egg**
& cucumber sticks
OR
Jacket potato with baked beans, cheese **Milk**
or tuna mayo **Egg** **Fish** & mixed salad



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



THURSDAY

Roast gammon & gravy
Yorkshire pudding **Milk** **Egg** **Gluten**
roast potatoes,
carrots & honey roast parsnips
OR
Jacket potato with baked beans, cheese **Milk**
or tuna mayo **Egg** **Fish** & mixed salad



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



FRIDAY

MSC Fish portion **Fish** **Gluten**
tomato ketchup,
oven chips
peas & sweetcorn
OR
Jacket potato with baked beans, cheese **Milk**
or tuna mayo **Egg** **Fish** & mixed salad



Chocolate & orange
muffin
Gluten **Egg**
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 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

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



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

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



Rice pudding & jam
Milk Sulphur Dioxide
OR
Fruit



WEDNESDAY

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

OR

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



Fruit yoghurt **Milk**
OR
Fruit



THURSDAY

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

OR

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



Chocolate brownie
Gluten
OR
Fruit



FRIDAY

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

OR

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



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