



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
salad

Milk Gluten

OR



Jacket potatoes with
tuna mayo
salad bar

Egg Fish

DESSERT



Vanilla muffin

Egg Gluten

Or

Fruit yoghurt

Milk

OR Fruit



TUESDAY



Sausages & gravy
mashed potatoes
Yorkshire pudding
seasonal vegetables

Gluten Sulphur dioxide Milk Egg

OR



Chicken tortilla wrap
salad bar

Gluten

DESSERT



Fruit in jelly

Or

Fruit yoghurt

Milk

OR Fruit



WEDNESDAY



Mediterranean
penne pasta
crusty bread
salad bar

Gluten Sesame Milk

OR



Jacket potatoes with
baked beans
salad bar

DESSERT



Crispy jam tart & custard

Milk Gluten Sulphur dioxide

Or Fruit yoghurt

Milk

OR Fruit



THURSDAY



Roast beef & gravy
Yorkshire pudding, roast
potatoes, seasonal
vegetables

Milk Egg Gluten

OR



Chicken tortilla wrap
salad bar

Gluten

DESSERT



Honey & oatmeal cookie

Gluten

Or Fruit yoghurt

Milk

OR Fruit



FRIDAY



MSC fish fingers
tomato ketchup, oven
chips peas & sweetcorn

Gluten Fish

OR



Tortilla wrap with ham
salad wrap

Gluten

DESSERT



Shortbread finger

Gluten

Or

Fruit yoghurt

Milk

OR Fruit





AUTUMN WINTER 2021

MENU WEEK 2

WEEK COMMENCING

1 Sept, 20 Sept, 11 Oct,
1 Nov, 22 Nov, 13 Dec



MONDAY



Pasta Neapolitan
crusty bread
sweetcorn & peas

Gluten Milk Sulphur Dioxide Sesame

OR



Jacket potatoes with
cheese
salad bar

Milk

DESSERT



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

OR Fruit



TUESDAY



Savoury mince & gravy
mashed potatoes
Seasonal vegetables

Fish

OR



Cheese tortilla wrap
salad bar

Milk Gluten

DESSERT



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

OR Fruit



WEDNESDAY



BBQ turkey wrap
sweetcorn cobettes

Gluten

OR



Jacket potatoes with
baked beans
salad bar

DESSERT

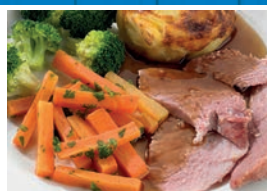


Vanilla sponge & custard
Gluten Egg Milk
Or Fruit yoghurt **Milk**

OR Fruit



THURSDAY



Roast gammon & gravy
Yorkshire pudding, roast
potatoes, seasonal
vegetables

Milk Egg Gluten

OR



Tortilla wrap with ham
salad bar

Gluten

DESSERT



Fruit yoghurt **Milk**

OR Fruit



FRIDAY



MSC Fish portion
tomato ketchup, oven chips
peas & sweetcorn

Gluten Fish

OR



Jacket potatoes with
tuna mayo
salad bar

Egg Fish

DESSERT



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

OR Fruit





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 potatoes with cheese **Milk**
salad bar

DESSERT



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

OR Fruit



TUESDAY



Nottinghamshire sausages,
gravy, Yorkshire pudding
mashed potatoes,
seasonal vegetables

Gluten Sulphur Dioxide Milk Egg

OR



Chicken tortilla wrap
salad bar

Gluten

DESSERT



Fruit in jelly
Or Fruit yoghurt **Milk**

OR Fruit



WEDNESDAY



Cheesy tomato pasta
crusty bread
salad bar

Milk Gluten Sesame

OR



Jacket potatoes with
baked beans
salad bar

DESSERT



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

OR Fruit



THURSDAY



Roast pork, stuffing & gravy
Yorkshire pudding
roast potatoes
seasonal vegetables

Milk Egg Gluten

OR



Ham & cheese tortilla wrap
salad bar

Milk Gluten

DESSERT



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

OR Fruit



FRIDAY



MSC fish cake,
tomato ketchup,
oven chips
peas & sweetcorn

Gluten Fish

OR



Jacket potato with tuna
mayonnaise
salad bar

Egg Fish

DESSERT



Fruit yoghurt **Milk**

OR Fruit



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